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# For God & Country

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Adventists in Military and  
Public Service*





# BRIDGING FEELINGS AND EMOTIONS

By Gloria Ceballos, Ph.D., RN, NEA-BC

Watching recent events on television, such as confrontations between government officials, outbursts during protests worldwide, and reactions of individuals being impacted by the COVID-19 pandemic, I observed a wide range of behaviors resulting from emotions of anger, fear, and sadness.

Some behaviors demonstrated kindness by people helping each other cope and actually trying to do something useful. Other actions resulted in rioting, destruction of property, and vile language that can carry the same result in killing people's spirits.

The difference between these reactions is caused by the way the individuals chose to handle their emotions. Expressing emotions and choosing positive behaviors

or actions are evidence of having emotional intelligence.

What is emotional intelligence, and what role does it play in human interactions?

Before discussing what Emotional Intelligence (EQ) is, let me tell you what it is not. EQ is not being nice, being overly emotional, a personality type, or the opposite of IQ, which measures a person's reasoning ability.

Mayer, Salovey, and Caruso (2008) define EQ as the ability to perceive, use, understand, and manage emotions in self and others. To be emotionally intelligent is to be smart about feelings, to have the ability to blend our thinking and feelings to make wise decisions, and foster meaningful relationships. EQ plays a role in the success of everything we do.

By studying and learning about EQ,

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we can increase the ability to have positive relationships with everyone we encounter. This can lead to being effective in our work and fulfilling the purpose God has chosen us for.

A key component of EQ is self-awareness. If you are not aware of your feelings and how you react, it will be difficult to understand others and help them. In the Bible, King David expresses in writing just about every feeling he experienced and described it to God. When he doubted or couldn't identify what he was feeling, David asked God to search his heart. Psalm 139:23-24. (Jeremiah 17:10, Romans 8:27)

There are several commercial tools you can use to give you an idea of how you measure your EQ. However, here are some actions you can take to begin understanding your own emotional intelligence.

1. Ask God to open your mind and to make you aware, through the Holy Spirit, of what you need to understand about yourself. Be open to achieving feedback you may not like.
2. Ask yourself if you can identify feelings. Can you verbalize when you are angry, happy, sad, or afraid? Are you familiar with the game "Name That Tune," where the contestant tries to name the title of a song or a music piece by listening to the first few notes of the music? You can play this game by trying to name a feeling you are experiencing. Practice "Name That Feeling" with your spouse or a trusted friend by looking at pictures or artwork to see what emotions they elicit. Observe people and how they interact and discuss what feelings you were able to identify.
3. Understand how you deal with feelings. Do you become violent when angry? Do you stop talking when you are sad? If you are not aware of how you behave when you feel certain emotions, ask your spouse or a trusted friend if they have ever seen you angry or sad. Let them describe your behaviors, which may give you some insight. There is an emotional message that goes along with actions. Understanding how you react will help you understand why other people may be acting a certain way and prevent you from acting in a way that hurts a relationship.
4. Feelings create a path to knowledge about yourself and others. This is very important to know as a military service member or public service worker, as you may be exposed to or work directly with different social or work cultures. Observing how feelings are dealt with within the respective cultures will provide effective communication and relationship building to accomplish your personal or spiritual mission. In this issue of *For God and Country*, emotional intelligence will further be explored.



# GROW YOUR EMOTIONAL INTELLIGENCE

**By Chaplain Gary Buddoo-Fletcher, D.Min., JP**  
Chief Chaplain, Jamaica Constabulary Force



When God created humans, He made them in His image. The psalmist wrote in Psalm 139:13, 14, “You made all the delicate, inner parts of my body and knit me together in my mother’s womb. Thank you for making me so wonderfully complex! Your workmanship is marvelous—how well I know it.”

God did not create humans to be automatons who function only to eat, sleep, and work. A part of the complexity that He knit into our bodies includes emotions. Understanding how to recognize and manage our emotions plays an essential role in relationships at home and in the workplace. You may have heard people talk about emotional intelligence or EQ. Why is understanding and developing your EQ essential to your daily life?

## HOW COULD HE DO THAT?

Let me share an illustration to show what emotional intelligence is about.

The debate of why David Pologruto, a high school physics teacher was stabbed with a kitchen knife by one of his star students continues to this day. However, the facts widely reported are these.

Jason, a sophomore and straight-A student at a Coral Springs, Florida high school was fixated on getting into medical school. He did not want to attend just any medical school. He dreamed of attending Harvard.

Pologruto, his physics teacher, had given Jason an 80 percent on a quiz. Believing the grade—a mere

B—put his dream in jeopardy, Jason took a butcher’s knife to school. In a confrontation in the physics lab, Jason stabbed Pologruto in the collarbone before being subdued in a struggle.

A judge found Jason innocent due to temporary insanity during the incident. A panel of four psychologists and psychiatrists swore he was psychotic during the fight. Jason claimed he had been planning to commit suicide because of the test score, and had gone to Pologruto to tell him he was killing himself because of the bad grade.

Pologruto told a different story to the court. “I think he tried to completely do me in with the knife because he was infuriated over the bad grade.”

After transferring to a private school, Jason graduated two years later at the top of his class. A perfect grade in regular classes would have given him a straight-A, 4.0 grade point average. But Jason had taken enough advanced courses to raise his grade point average to 4.614, way beyond A+.

Even as Jason graduated with highest honors, his former physics teacher, David Pologruto, complained that Jason had never apologized or even taken responsibility for the attack.

How could someone of such obvious intelligence do something so irrational? Academic intelligence has little to do with emotional intelligence. The brightest among us can plunge on the shoals of unbridled passions and unruly impulses. People with high IQ’s can be stunningly poor pilots of their private lives.

ACADEMIC INTELLIGENCE HAS LITTLE TO DO  
WITH EMOTIONAL INTELLIGENCE.





EMOTIONAL INTELLIGENCE REFERS TO THE ABILITY TO PERCEIVE, CONTROL, AND EVALUATE EMOTIONS.



## WHAT IS EMOTIONAL INTELLIGENCE?

Emotional Intelligence or EQ is the ability to recognize and effectively manage your own emotions as well as those of others. Emotional intelligence refers to the ability to perceive, control, and evaluate emotions. Some researchers suggest that EQ can be learned and strengthened, while others claim it is an inborn characteristic.

Another way of putting it is that EQ is the ability to identify, understand, use, and manage emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges, and diffuse conflict.

EQ impacts many different aspects of your daily life, such as the way you behave and the way you interact with others. If you have high emotional intelligence, you are able to recognize your own emotional state and the emotional states of others. You can engage with people in a way that draws them to you. You use this understanding of emotions to relate better to other people, form healthier relationships, achieve greater success at work, and lead a more fulfilling life.

## WHY IS EQ IMPORTANT?

It's not the smartest people who are the most successful or the most fulfilled in life. You probably know people who are academically brilliant, and yet are socially inept. They are unsuccessful at work, and in their personal relationships. Your IQ can help you get into college, but it's your EQ that will help you manage the stress and emotions of life.

A number of studies, now indicate that IQ can predict only one to 20 percent, or an average of six percent, of job success. EQ, on the other hand is responsible for between 27 to 45 percent success in any given job. You cannot make up for soft skills with hard work. These soft skills include utilizing your EQ.

Emotional intelligence affects:

- Your performance at work. EQ can help you navigate the social complexities of the workplace, lead and motivate others, and excel in your career. In fact, when it comes to gauging job candidates, many companies now view EQ as being as important as technical ability and require EQ testing before hiring.

Psychometric testing is one such avenue where more EQ questions are integrated in order to see, and to screen the kind of candidates they would like to employ for their companies. Today, companies worldwide routinely look through the lens of EQ in hiring, promoting, and developing their employees. For instance, Johnson and Johnson found that in divisions around the world, those identified at mid-career as having high leadership potential were far stronger in

equal competencies than were there less promising peers.

- Your physical health. If you're unable to manage your stress levels, it can lead to serious health problems. The stats are clear that uncontrolled stress can raise blood pressure, suppress the immune system, increase the risk of heart attack and stroke, contribute to infertility, and speed up the aging process.
- Your mental health. Uncontrolled stress can also impact your mental health, making you vulnerable to anxiety and depression. If you're unable to understand and manage your emotions, you'll also be open to mood swings. An inability to form strong relationships can leave you feeling lonely and isolated.
- Your relationships. By understanding your emotions and how to control them, you are better able to express how you feel and understand how others are feeling. This allows you to communicate more effectively and forge stronger relationships, both at work and in one's personal life.

## KNOW THE DIFFERENCE

A person with low EQ generally demonstrates behaviours that are aggressive, demanding, egotistical, bossy, and confrontational. On the other hand, a person with high EQ is assertive, ambitious, driven, strong-willed, and decisive. But there is a difference. While the person with a high EQ is assertive, they are not aggressive. Ambitious, but not demanding. Warm, but not easily distracted.

The ability to manage emotions effectively is a crucial part of emotional intelligence. Regulating emotions and responding appropriately to the emotions of others are important aspects of emotional management.

Recent studies in neuroscience and psychology are impacting our understanding of rational decision-making and well-being. Scientists and others are learning that emotions and how they are channeled play a critical role that affect all areas of life.

The domains of emotional intelligence include:

- 1. Know your emotions.** Are you aware of what are you feeling in a situation? Are you feeling fear, anger, joy, uncertainty, pity, revenge-seeking?
- 2. Manage your emotions.** How will you react to your feelings when you are in the midst of a crisis situation?
- 3. Recognize and know other's emotions.** How is the other person reacting? What is their body language, their facial expression, their tone of voice?
- 4. Manage the emotions of others.** Do you react in a positive manner to the person's response to help diffuse the situation.
- 5. Motivate yourself.** Are you able to put emotional struggles behind you to achieve good for yourself and others?

These five components are very critical. The first step in understanding emotions is to perceive them accurately. We can

experience a particular emotion, without recognizing we are feeling something different than what we believe is happening. It's important to understand exactly what emotion you're having and why. In many cases, this might involve understanding nonverbal signals, even in others. These signals can include body language and facial expressions. By not being aware of these, we can misunderstand emotions in others and also in ourselves.

The next step involves using emotions to promote thinking and cognitive activity. Emotions help prioritize what we pay attention and react to. We respond emotionally to things that gain our attention, using our emotions to help us to think a particular way. When we take this action, we manage the emotion and use it to facilitate.

The ability to manage emotions effectively is a crucial part of emotional intelligence. It means regulating emotions, responding appropriately to the emotions of yourself and others. All are important aspect of emotional management.

## EVALUATING YOUR EQ

To evaluate your EQ level you should be self-aware of your emotions and how they affect your thoughts and behavior. You should know your strengths and weaknesses, and be confident in who you are.

Examine your self-management. Are you able to control impulses, feelings, and behaviors? Do you manage your emotions in healthy ways, take initiative, follow through on commitments and adapt to changing circumstances? Can you



control impulsive feelings and behaviors and manage your emotions in a healthy way? This doesn't come overnight, but with discipline and with God's help, we can achieve that.

Evaluate your social awareness or empathy. When you are socially aware, you can understand emotions, needs, and concerns of others. You pick up on emotional cues, feel comfortable socially and recognize the power dynamics in a group or organization.

In relationship management, you know how to develop and maintain good relationships, communicate clearly, inspire and influence others. You work well in a team and manage conflict well.

Finally, how is your motivation? People with a high degree of emotional intelligence are usually motivated. They are willing to defer immediate results for long-term success. They are highly productive, love a challenge, and are very effective in whatever they do. Are you a motivated person? This speaks well to identify someone who has emotional intelligence.

## DEVELOPING YOUR EQ

It is said that all information to the brain comes through our senses. When this information is overwhelming, stressful, or emotional, instinct will take over. Our ability to act will be limited to the flight,



EMOTIONS HELP PRIORITIZE WHAT WE PAY  
ATTENTION AND REACT TO.





## EXAMINE HOW YOUR ACTIONS WILL AFFECT OTHERS BEFORE YOU TAKE THOSE ACTIONS.



fight, or freeze response. Therefore, to have access to the wide range of choices and the ability to make good decisions, we need to be able to bring our emotions into balance at will. In other words, we must be able to manage our emotions at will, even in crisis. They should not manage us.

Memories are also strongly linked to emotion. Learn to stay connected to the emotional part of your brain, as well as the rational. You will expand your range of choices when it comes to responding to a new event, and you'll factor emotional memory into your decision-making process. This helps prevent you from continually repeating earlier mistakes. To improve your emotional intelligence and your decision-making abilities, understand and manage your emotions. Develop key skills to control and manage overwhelming stress and becoming an effective communicator.

Look at your work environment. Do you seek attention for your accomplishments? Humility can be a wonderful quality. It doesn't mean that you are shy or you lack self-confidence. When you practice humility you say that you know what you did, and you can be quietly confident about it. Give others a chance to shine. Put the focus on them. Don't worry about getting praise for yourself.

Examine how you react to stressful situations. Do you become upset every

time there is a delay or something doesn't happen the way you want? Do you blame others and become angry at them, even when it's not their fault. The ability to stay calm and in control in difficult situations is highly valued. In the business world as well as outside it. Keep your emotions under control when things go wrong.

Examine how your actions will affect others before you take those actions. If your decision impacts others, put yourself in their place. How will they feel if you do this? Would you want that experience? If you must take action, how can you help others deal with the effects?

Do a self-evaluation. What are your weaknesses? Are you willing to accept that you are not perfect and that you could work on some areas to make yourself a better person? Have the courage to look at yourself honestly. It can change your life. It's easy to see the weaknesses of others, but when we put that same spotlight on ourselves, it can be a transformative process, an introspective look.

Here are some examples of emotional intelligence questions you can ask yourself. Use the rating scale of strongly agree, agree, disagree, strongly disagree for your response.

- In my group of friends, I am generally aware of what each person feels about the other people in our social circle.
- When I am upset, I can usually pinpoint exactly why I'm distressed.
- While there are some things that I would like to change, I generally like who I am.
- When I make mistakes, I often berate and criticize myself and my abilities.

- I feel uncomfortable in emotionally charged situations.

## MANAGING YOUR EQ

EQ is an awareness of your actions and feelings and how they affect those around you. It also means that you value others, listen to their wants and needs and can empathize or identify with them on many different levels.

1. Understand the role of emotions in your life.
2. Control your irrational thoughts. They are yours. You can control them.
3. Identify your emotional triggers.
4. Monitor your emotional responses.
5. Prepare for tough and emotional situations.
6. Manage your emotions in the moment. We can only manage them if we are aware of the triggers. This awareness allows us to react appropriately in the particular moment that we experience them.

Remember, understanding and managing your own emotions and understanding and managing others emotions will help you form healthier relationships, achieve greater success at work, and lead a more fulfilling life.

Most importantly, to truly be in control of our lives, we must be willing to give it up to God and allow Him to work through us. Like the psalmist, our daily prayer should be, "Create in me a pure heart, O God, and renew a steadfast spirit within me."

# BUILD YOUR EQ STARTING TODAY

By LTC (CH) Dan Bray, U. S. Army, Retired MS, MDiv.  
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As I read the topic for this issue, I discovered that emotional intelligence is not the same as general intelligence. Simply stated, it is the ability to understand and manage our own emotions. Some even believe that this trait enables people to possess the ability to understand and influence the emotions and behavior of others.

Emotional intelligence can be seen in the following five areas of our lives: self-awareness, self-regulation, motivation, empathy, and social skills.

When we are aware of what makes us “us,” we become more conscious of our own feelings and motives. More importantly, we manage how our emotions affect ourselves and others, and we don’t allow those emotions to control us.

When we have the ability to self-regulate, we tend to not make impulsive decisions. We take a moment (or a



When we are aware of what makes us  
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day or even a week) before making a critical or significant decision. We seek the counsel of others and those who have experience.

When we practice emotional intelligence, we can be productive and driven. We then have the ability to step back and look at the whole picture to envision how our actions or behaviors might be part of our team's success.

A person who practices emotional intelligence is less likely to be self-centered. They are viewed as a trustworthy and loyal friend who is interested in our well-being. They always look out for the needs and wants of others. Additionally, they are slow to judge others.

Being aware of our emotional intelligence can benefit us by allowing us to collaborate and work on teams. We can be viewed as a trusted leader with good communication skills and the ability to impact relationships. Nearly every successful organization or team has a few of these members.

However, some people are unable to see this particular trait in themselves. You might be reading this article and wonder if you have some of these traits of emotional intelligence.

Here are a few signs that could

indicate emotional intelligence: being viewed as an empathetic person by others; regarded as an excellent problem solver; you are not reluctant to be vulnerable and willing to share your feelings; you can establish boundaries with others and can say “no” when appropriate and reasonable; you can get along with multiple people (not everyone) in varying situations.

Additionally, an emotionally intelligent individual can often accept constructive criticism without making excuses or blaming others and, in return, be considered as an outstanding listener.

Even if we do not possess the gift of emotional intelligence, we can learn and practice it until it becomes a viable part of our lives. This takes effort and determination, and it is a choice.

Here are some practical ways to build emotional intelligence. Allow others to shine in the light of their accomplishments. Practice humility. Stay calm and do not allow the crisis of the moment to control your thoughts and feelings. Enhance your social skills by putting away social media and actually meet people personally face-to-face.



# OUR HEROES DREAMS

## The Mission Continues



**T**he fog and noise of war overwhelms the senses. The crushing reality of a life changed because of permanent injury from battle can overwhelm the human soul and diminish hope. Restoring hope in people's lives is now the life mission of Justin Bond.

During a firefight in Fallujah, Iraq, Bond suffered an AK-47 round through both knees. "I spent the next year and a half in the hospital, and faced 33 surgeries that were meant to try and repair the physical damage done during that battle," recalls Justin. "With the thirty-third surgery, I made the decision to have my leg amputated."

That decision didn't bring the healing Justin hoped for in his life. He continued to struggle with depression, PTSD, being non-ambulatory, and grief. For 10 years he'd known what his mission was—to be a soldier in the United States Army. But, what was his mission now?



Justin Bond (right) founded Our Heroes Dreams. His family are among his greatest supporters to help others.

"I met another vet who told me I needed to find a new life mission," says Justin. "With thought and prayer, I realized I wanted to help other vets. The numbers of daily veterans suicides are staggering and I wanted to find a way to make a difference."



Our Heroes Dreams provides veterans with activities and a reset to their mission in life after they have left the military.

Our Heroes Dreams (OHD) became Justin's mission.

Justin's full story and the beginnings of OHD was featured in *For God and Country*, 3<sup>rd</sup> Quarter 2012. You can access a digital copy at <https://www.worldserviceorganization.org/for-god-and-country/>

### THE OHD MISSION CONTINUES

Today, the mission of Our Heroes Dreams continues touching individuals, helping others rediscover their mission, and restoring meaning and hope to lives of numerous veterans. The program has grown from the original healing retreats to additional programs designed to meet specific needs of

the vets involved. Along with the original healing retreats, one-on-one and group counseling, and the Outdoor Recreation program, OHD oversees Archery Heroes, Women Warriors, Mountain Warriors, and Motivational Warriors.

### HEALING RETREATS

The OHD Healing Retreats are a weeklong event where participants receive counseling for PTS, financial issues, motivational, family dynamics, and any other support that is needed. "Our counselors are all prior service military, former police officers, and firefighters," says Justin.

Originally the retreats were specifically for military vets, but as



OHD leadership saw an increased need to help law enforcement, firefighters, and corrections officers, they expanded the program to include them also.

“We’ve found using former military members to be helpful because they’ve worn the uniform and understand the sleepless nights, night sweats, reintegration challenges, and more. One of the most powerful effects they bring is their journey. The Vietnam vet can say, ‘I know what it’s like today, and tomorrow. Let me tell you what it can be like 40 years from now.’ This gives hope for a better future.”

During the retreat, each veteran has the opportunity to discuss what they’d like their new mission to be. OHD helps them write their mission objective and then assists in implementing the mission.



## OUTDOOR RECREATION

The Outdoor Recreation program can serve as the entry point to Our Heroes Dreams for many veterans. “We take 18-20 year old kids just out of high school and put them into battle,” says Justin. “When they come out of the military, they only know how to survive in war. They no longer have a mission to fight for. They need to learn how to live, laugh, and love again. One of the OHD goals is to help them keep their warrior attitude, direct them to their new mission, and get their adrenaline high legally through positive activity. When they discover their new mission, this gets them off the couch and back into living life.”

The OHD Outdoor Recreation program is designed for veterans, law enforcement officers, and first responders. When you are broken



Positive activities such as rock climbing, whitewater rafting, kayaking and more are part of the Outdoor Recreation programs at Our Heroes Dreams.

mentally and or physically, rebuilding hope is essential. “Many of our veterans get to do activities they never thought they’d be able to do again,” says Justin. “They go water skiing, snow skiing, whitewater rafting, kayaking, fishing/hunting, back country camping, and more!”

Dave was one of the early participants in the Outdoor Recreation program. “While serving in the Coast Guard, Dave lost all four of his limbs. He became addicted to his pain medications and pretty much decided to become one of the veteran suicide statistics,” says Justin. “During a conversation, he told me that as a helicopter rescue swimmer he used be in the water daily. I didn’t know how we’d make it work, but I was determined to find a way to get Dave back into the water and diving.”

Justin contacted a dive shop in Monterey, California and arranged for Dave to travel from Georgia for some

diving activity. "When Dave arrived, his total focus was on his meds," says Justin. "Because of his addiction, his doctors would only prescribe them for a week at a time. He was worried that the package with the next week's meds wouldn't arrive in time."

Dave was killing himself with the drugs. "I knew that the doctors' predicted that Dave wouldn't be alive in five years because of his drug overuse," says Justin. "During that week, Dave and I talked about this. I knew that he'd been raised as a believer and so I told him that God had a purpose for his life and we would help him find his new mission."

That conversation and the successful dive trip turned Dave's life around. He went off his medications cold turkey and chose to find a couple of new missions. Rediscovering his passion for diving, Dave established a dive school for vets. He was also elected to be the National Commander of the 1.3 million member Disabled American Veterans organization.



### ARCHERY HEROES

"Our Archery Heroes program is designed to teach veterans, law enforcement officers, and first responders the art of using a compound bow," says Justin. "The coaching and training is done with a Paralympic Gold Medalist who is also a vet."



### WOMEN WARRIORS

This support program created specifically for women tackles issues such as PTSD, anxiety, depression, MST, and stress management. "The program

is designed to empower women and provide peer support so they never feel like they have to face these issues alone," says Justin. "Our Women Warriors program currently has 90 female veterans and caregivers participating."

A Christmas drive through program is an annual highlight organized by this group. "Christmas is a time when we can support families who are struggling financially," says Justin. "Last year the Women Warriors provided bikes for children, along with a month of food. This year we are providing gifts, food, and other items to 60 families."

The Women Warriors program also participates in multiple community service projects and provides retreats for female veterans to help them connect with their moms, sisters, and spouses.

"Sally\* came to us through a crisis call," says Justin. "She had two children ages 13 and 2, had been beaten by her husband, and evicted from her home." Desperate for help and not knowing what to do, Sally called Our Heroes Dreams.

"When the call came in, we helped her settle in a hotel for three weeks until we could find more long-term housing for the family," says Justin. "When Sally made that call she was an alcoholic, hooked on both prescription drugs and cocaine, and suffering from PTSD and depression. That night she decided to quit using cold turkey."

Sally joined the Women Warriors program, received counseling, and her life turned around. "Sally recently celebrated two years of sobriety," says Justin. "She now works as a counselor with the Veterans Administration, and gives back to Our Heroes Dreams by helping with our counseling program."





Providing the opportunity for scuba diving to one veteran became the catalyst for a diving school for other vets.



Teamwork along with camping, hiking, and physical labor provide a healing process to veterans.



## MOUNTAIN WARRIORS

Helping one struggling veteran became the launching pad for the Mountain Warriors program. “Josh\* had hit bottom. His wife had left him and he had no relationship with his children,” says Justin. “His PTSD, depression, and anxiety immobilized him. We made arrangements with the U.S. Forestry Service for Josh to care for a portion of a trail in the Sierra Nevada Mountains.”

This meant Josh had to get out of the house and spend time doing physical work. The trail maintenance, outdoor work, and hands-on activities renewed Josh’s interest in life. “Today Josh has reconciled with his wife and children,” says Justin. “They are building a new life together.”

With meaning restored to his life, Josh wanted to give back and help

others who faced the same struggles as he did. Today, Josh leads the Mountain Warriors program for Our Heroes Dreams. The program assists the U.S. Forestry Service in the Sierra Nevada Mountains. They maintain hiking and 4X4 trails, campsites, and make improvements as needed. “Mountain Warriors can be on the trail for a day, or several weeks depending on the trail,” says Justin. “The camping, hiking, and physical labor are part of the healing process as the teams work together.”

## MOTIVATIONAL WARRIORS

Spreading the message of OHD and providing motivational speeches, team building opportunities, and awareness of veterans needs is the role of the Motivational Warriors program. The warrior speakers are compensated for their time. The remaining speaking engagement donations are used in



funding the Healing and Spiritual retreats of OHD.

## CAMP FREEDOM

While the healing retreats are held in a camp setting, a long-time goal for OHD was to establish their own physical camp. Through a series of unexpected events, the goal is taking shape. “We’ve recently purchased a 40 acre property and began development on Camp Freedom,” says Justin. “We plan to build six cabins, two shops, an outdoor recreation area, a petting zoo, archery range, tactical firing range, frisbee disc golf range, a chapel, a garden, and a fire pit area. Camp Freedom will allow us to operate the Healing Retreats on a full-time basis.”

A new OHD program that is in its infancy is the Spiritual Retreat. As OHD expanded its services, Justin knew that reviving hope in people was a necessary part of the formula. When they get involved and find their life mission, hope is rekindled. But, true and lasting hope comes through a friendship and growing relationship with Jesus.

During the Healing Retreats, the evening provides the opportunity to sit around the campfire. “This is when people start to open up,” says Justin. “We find out what’s holding them back.”

The majority of vets who attend the Healing Retreats don’t have a faith tradition background. Justin and his team talk about the fact that God gave them a mission in their life. “Many times around the campfire, the vets will share that they don’t believe God can forgive them for what they’ve done,” says Justin. “That’s when we walk them through how God’s love for them is so vast that He can forgive and is ready to do so.”

As Justin listened to the vets he knew they related to being warriors.

“I thought about introducing the concept of being warriors in Christ’s army. In Ephesians 6, we are instructed to put on the full armor of God so we can stand strong,” says Justin, “As Christians, our mission is to take God’s love to a world that needs hope.”

When vets began asking how they could join God’s Army and join the mission, Justin decided the next step meant holding Spiritual Retreats. Today, after three successful weekends that focused on spiritual matters, Justin is planning to expand the opportunities for vets to attend.

## THE MISSION CONTINUES

Justin Bond found his post-Iraq mission. He’s gone on over 1,000 suicide prevention calls. More than 900 vets have been through one or more programs sponsored by Our Heroes Dreams. New life mission plans have been scoped out and implemented. “Out of those 900, we had only one person who didn’t complete the program, says Justin. “He was hooked on meth and couldn’t get clean.” Sadly he chose death over life to end his pain.

Justin Bond is no longer a man in search of a mission. He remembers the words of a 1<sup>st</sup> Sergeant in Iraq who said, “I’m not here because the Army sent me. I’m here because God sent me to make sure you get home.” Today, Justin’s mission is to help others restore meaning in their lives as they complete their mission that God has planned for them.

To learn more about Our Heroes Dreams, how to support the program through donations, or to book one of the Motivational Warriors to speak, visit [OurHeroesDreams.org](http://OurHeroesDreams.org).

*\*Some names have been changed for privacy purposes.*

# Do It Anyway

**By Major John Sproed, M.D.,**

U.S. Army, Retired, with Deena Bartel-Wagner, Editor, Adventist Chaplaincy Ministries

**T**he onion farms of the Willamette Valley and the rice paddies of Vietnam were as far apart in miles as they were in culture in the 1960s. John Sproed traversed both and learned about life and himself.

“I grew up on an onion farm located between Salem and Portland, Oregon,” says John. “My grandfather moved to the area in 1910 and settled

there. They established a farm that grew a variety of berries, onions, and potatoes.”

## LIFE PREPARATION

Just eight years later, John’s grandmother and two of his uncles perished in the Spanish flu epidemic. Although this was a significant blow, the family continued to farm the land.



John Sproed



“It was a secluded life for me and my brothers as we were growing up,” says John. “We didn’t go many places, but the church played an important role in our lives. My dad and mom were heavily involved in our local church.”

During these hidden years, John learned life lessons that became his core life principles. “Dad often told us three foundational ideas that we should use in life. First, we were to take our time making decisions,” says John. “Second, we needed to choose our friends carefully because this could determine our path in life. And third, we were never to do anything that would stain our character.”

These lessons melded with the school lessons he learned at the Arbor Grove Public School. “We only had 20-25 students in the eight grades,” says John. “We studied and learned to respect authority, and daily said the pledge of allegiance to the flag.”

Another internalized lesson came from the speaker at John’s eighth-grade graduation. “He told us that there were certain things in this world you won’t like, but you have to learn to put up with them,” says John. “I didn’t know then how that would help me through a difficult time in just a few short years.”

The tapestry of John’s education moved on to include going to Laurelwood Academy and Walla Walla College. Lifelong friends and career choices were made during these years, too. “I colporteured in Canada with Larry Shipowick and Robert Copeland,” says John. “The funds I earned helped me to go to medical school at Loma Linda, while Larry and Robert attended dental school.”

## MED SCHOOL AND UNCLE SAM

In 1959, John went to Loma Linda Medical School and then interned at Portland Adventist Hospital. Following his internship, he returned to Loma Linda to specialize in internal medicine.

“In high school, I registered for the draft as a conscientious objector or 1-A-O,” says John.

Three weeks after getting married on September 5, John was riding his motorcycle to the Riverside Hospital,



John’s work outside the United States increased his desire to help tell the story of Jesus in other countries.





The words spoken at John's 8th grade graduation helped him adapt to life in the military.

when he collided with a car and he flew over the top of the vehicle. A series of x-rays showed everything was normal. But it wasn't. He had a concussion and was bruised all over. "The pain in my wrist didn't go away, and by December, I still didn't have any relief," says John. "Still, nothing showed on the x-rays. This went on until May. When I took a patient to x-ray, I asked to have my wrist x-rayed again." Finally, John had an answer. He had a non-union of one-fourth inch in the navicular of the left wrist.

Then he received his draft notice. "I contacted the draft board and provided evidence of the fracture and a long-term cast," says John. "This allowed me to finish my internal medicine course. While I was in San Antonio for training, the Army needed volunteers to go through six months of radiology training at Fort

Knox. I decided it would be valuable experience, so I volunteered. When that training finished, I was sent to Saigon, Vietnam."

"My initial impression still remains of all the rats running around after dark," says John. "My second impression was that it was more dangerous than I thought it would be. But I had a job to do and needed to concentrate on that."

### IT'S NOT EASY, BUT...

When John realized that life in the Army wasn't what he'd expected, the words of the graduation speaker came back to him. Leaving the Army wasn't an option, so John adapted to the situation.

John witnessed the ravages and capriciousness of war at both the 3<sup>rd</sup> Field Hospital in Saigon and the 29<sup>th</sup> evac hospital in Can Tho. "We had an infantry private who came in needing a skull series to find the cause of ringing in his ears," recalls John. "When we removed his helmet, we discovered a bullet stuck between the helmet and the plastic liner, and a small nick in his ear."

Another time an armed personnel carrier pulled up with a soldier on a stretcher. "He was shot through the right upper chest, but was talking to me," says John. "Ten minutes later, he was dead. How do you relate to the situation and ask the patient what their relationship with God is like in those ten minutes? Nobody in college or medical school told me how to do that."

One day, two GI's were admitted to the hospital. Both were diagnosed with falciparum malaria. As John treated the soldier he'd been assigned, he prayed over him. Eventually, the crisis passed, and the soldier lived. "The other soldier

died,” says John. “I asked myself if my prayers made the difference.”

While in Vietnam, John heard about Lieutenant Robert Row, who had escaped a Viet Cong tiger cage and found his way to the hospital where John was stationed. “Years later, I couldn’t believe it when I read in the news he’d been killed in the Philippines during an ambush by rebels.”

## I CHOSE DIFFERENTLY

His early upbringing carried a substantial influence on how he lived during his Vietnam tour. “I didn’t do many of the things other GI’s did,” says John. “One time, during my R and R, I went to Hong Kong. On Sabbath, I went to church and was delighted to learn that Dr. Harry Miller was the speaker that day. All those mission stories I heard as a child came to life. Dr. Miller told his life story and how his health was helped by using soymilk to cure diarrhea.”

The support of the worldwide Adventist Church played a significant role in John’s spiritual life in Vietnam. “We received packets of literature that I read and then shared in the waiting room at the hospital,” says John. “Every weekend, I went to the Adventist Servicemen’s Center for fellowship with other Adventists.”

## LIFE AFTER VIETNAM

After his time in Vietnam, John and his family served at Seoul Adventist Hospital in Korea for a term and in Hong Kong for five months. In 1973, he went to White Memorial Hospital to train in cardiology. In 1976, he returned to Oregon established a cardiology practice in Roseburg.

The needs and people of Vietnam still weighed on John’s heart. When the borders of Vietnam reopened to the outside world, John returned



John’s deployment to Vietnam took him to Saigon and Can Tho.

several times as a visitor. On one visit, John reconnected with Pastor Tranh, whom he met during his Army tour. “After 1975, Pastor Tranh was “re-trained” by the new Vietnamese government. Eventually, he became the Vietnam Mission president. Today, his son serves as the stewardship director for the Mission,” says John. “We had the opportunity to sponsor stewardship training and five church plants in Vietnam.”

In 2006, John sponsored the translation of the last ten chapters of *The Desire of Ages* and *Steps to Christ* and printed 12,000 copies of each for distribution in Laos. Another mission outreach directed support to Cuba by sponsoring 150 Bible workers for one year and sponsoring a church.

A lifetime of living the principles he learned as a child, implemented as a young man, and lived throughout his adult life have allowed John to shape the lives of others, either through medical intervention or spiritually. Life may not always have been easy, but John Sproed chose to do it anyway.



# 2021 TURNING OUR EYES HEAVENWARD

The World Service Organization—North American Division (WSO–NAD), a functional chapter of Adventist Chaplaincy Ministries (ACM), provides complimentary subscriptions of Seventh-day Adventist church publications to active duty military church members. This service has been available for more than 50 years. As always, your comments and suggestions on ways we can provide timely support of religious materials for your personal use are welcomed.

## THE COMPLIMENTARY SUBSCRIPTIONS INCLUDE:

- *Adventist Review*
- *Adult Bible Study Guide*
- *For God and Country*

## TWO JOURNALS OF CHOICE FROM THE FOLLOWING:

- *Guide*
- *Liberty*
- *Message*
- *Our Little Friend*
- *Primary Treasure*
- *Signs of the Times*
- *Vibrant Life*

WSO–NAD seeks to be good stewards and needs your help. Keeping mailing lists current and ensuring that magazines are delivered is a part of that stewardship. Your understanding and cooperation will greatly assist WSO to provide effective support for you while you are representing your church and serving your country.

## 2021 ORDER FORM INSTRUCTIONS:

1. Fill out the personal information section on page 28.
2. Select the free devotional book. You may contact ACM if you would like to purchase others.
3. Select two free magazines.
4. Mail form (and check, if you are purchasing any items, made payable to World Service Organization/ACM) to:  
  
Adventist Chaplaincy Ministries  
9705 Patuxent Woods Drive  
Columbia, MD 21046-1565, USA

You may also scan the order form and email it to Dina Muldoon at [DinaMuldoon@nadadventist.org](mailto:DinaMuldoon@nadadventist.org). Put the words “Subscription Request” in the subject line.

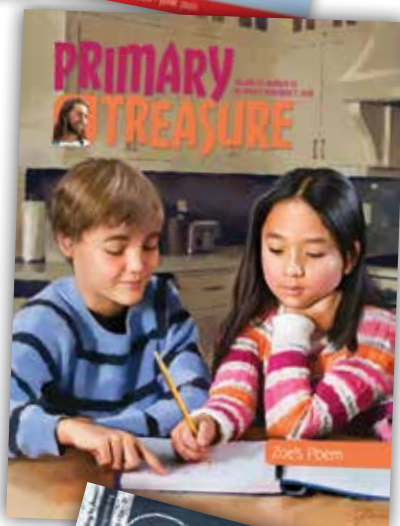
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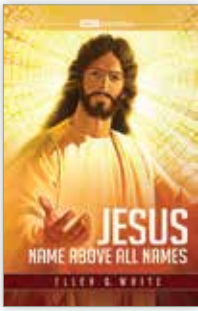


## WHO IS ELIGIBLE?

To be eligible for WSO-paid subscriptions you must be a Seventh-day Adventist Church member in an Adventist church in the North American Division and in one of the following military-related categories:

- All Adventist active-duty military personnel
- DoD civilian employee of the military services stationed overseas
- DoDEA teacher or principal stationed overseas
- Military exchanges (AAFES, NEX, etc.) worker overseas
- Government contractor overseas
- Spouse living overseas with their non-Adventist military spouse





## **ADULT** *Jesus, Name Above All Names*

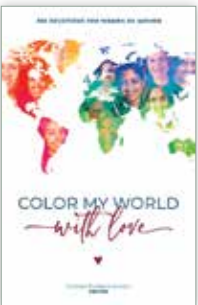
Ellen White used an amazing variety of names when she referred to Jesus—840, in fact. This devotional features 365 of them in readings that introduce readers to the One who gave His life to save us.



## **ADULT EVENING** *A World On Fire*

Typically, biographical books start at the beginning of the subject's life and progress onward in an orderly fashion and close with death. With Paul the apostle, the earliest histories are fragmentary at best, and many details are simply nonexistent. Yet Paul's story isn't really about Paul at all; it is about the spreading of the good news of salvation through belief in Jesus Christ and His sacrifice. The spread of the gospel is the focus and not Paul. That is where this devotional story begins.

## **DEVOTIONAL BOXED GIFT SET 2021** *(Jesus, Name Above All Names & A World On Fire)*



## **WOMEN** *Color My World With Love*

Today Jesus invites His daughters to color their world. Not only with resources, time, and talent but also in hues of faith and hope, always remembering that “the greatest of these [colors] is love” (1 Corinthians 13:13, NKJV). Witness, then, the broad strokes with which women in these stories have colored their spheres of influence as they fight human trafficking, adopt abused animals, slip shoes on the feet of a suffering stranger, and routinely forego Christmas dinners to feed the homeless.



## **WOMEN'S - SPANISH** *Pinceladas del amor divina*

El amor de Dios es un tema inagotable. Todos los días somos testigos de sus maravillosas muestras de afecto hacia sus hijos. El amor divino se puede observar en la naturaleza de múltiples formas. Pero también se manifiesta a través de las Escrituras y las expresiones humanas. El gran Artista celestial tiene un enorme lienzo para mostrar lo mucho que nos ama. A lo largo de este año vamos a contemplar cada mañana diversas pinceladas del amor divino a través de estas maravillosas lecturas devocionales.



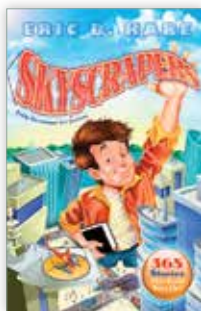
## YOUNG ADULT *Community*

In this book we will follow the beginnings and the development of community in the Bible. From the Old Testament, where the principles of community are laid out, to the New Testament, where the stories of Jesus “flesh out” the concept of community, it is in His interaction with the disciples, His encounters with people, and His teachings that we find the true purpose of community.



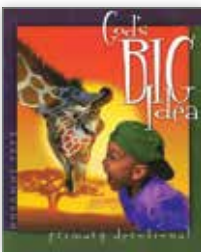
## TEEN *Time Warp*

Break out your hiking shoes—you’ll be trekking through time and space to rendezvous with some famous (and not-so-famous) people on significant dates in history. You’ll watch events unfold that impact your life today, even though they took place dozens or even hundreds of years ago. And (you guessed it!) there’s even a spiritual application tucked away in every experience.



## JUNIOR *Skyscrapers: 365 Stories That Build You Up*

Eric B. Hare, legendary storyteller and missionary, crammed this devotional full of stories that will help you get to know Jesus—and have a happier life. You’ll get to read through the best story of all (just a little at a time), and you’ll even discover what Nehemiah, Christopher Columbus, and some Brazilian fishermen had in common (honest, it’s in here!).



## PRIMARY *God's Big Idea*

In 365 fascinating segments, RosAnne Tetz presents Adventist beliefs to kids ages 6-9.



## PRESCHOOL *My Best Friend Jesus*

This preschool devotional features 180 simple lessons with worship activities you and your child can do together to explore Jesus’ life and teachings.



# DEVOTIONAL BOOKS

Adventist active-duty military personnel are eligible to receive a free devotional book, courtesy of World Service Organization/Adventist Chaplaincy Ministries. Guidelines for eligibility are noted on page 25. Single service members, as well as the other employee categories listed on page 25 may choose one (1) free devotional. Married service members may choose two (2) devotionals.

If you would like to purchase additional books, contact WSO for pricing.

- |  |  |
|--|--|
| <input type="checkbox"/> <b>ADULT</b> <i>Jesus, Name Above All Names</i>   | <input type="checkbox"/> <b>YOUNG ADULT</b> <i>Community</i>                             |
| <input type="checkbox"/> <b>ADULT EVENING</b> <i>A World on Fire</i>       | <input type="checkbox"/> <b>TEEN</b> <i>Time Warp</i>                                    |
| <input type="checkbox"/> <b>DEVOTIONAL BOXED GIFT SET 2021</b>             | <input type="checkbox"/> <b>JUNIOR</b> <i>Skyscrapers: 365 Stories That Build You Up</i> |
| <input type="checkbox"/> <b>WOMEN</b> <i>Color My World With Love</i>      | <input type="checkbox"/> <b>PRIMARY</b> <i>God's Big Idea</i>                            |
| <input type="checkbox"/> <b>WOMEN-SP</b> <i>Pinceladas del amor divina</i> | <input type="checkbox"/> <b>PRESCHOOL</b> <i>My Best Friend Jesus</i>                    |

# MAGAZINES

Each year, WSO will send Adventist active-duty members and select government employees who meet the eligibility guidelines a one-year subscription to two magazines from the following list. Please check the appropriate boxes. When you place your subscription request, you will also automatically receive a free subscription to *Adventist Review, For God and Country, and the Adult Sabbath School Bible Study Guide*.

- |   |  |
|---|--|
| <input type="checkbox"/> <i>Guide</i>             | <input type="checkbox"/> <i>Primary Treasure</i>   |
| <input type="checkbox"/> <i>Liberty</i>           | <input type="checkbox"/> <i>Signs of the Times</i> |
| <input type="checkbox"/> <i>Message</i>           | <input type="checkbox"/> <i>Vibrant Life</i>       |
| <input type="checkbox"/> <i>Our Little Friend</i> |  |

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: State: Zip: \_\_\_\_\_

Are you on active duty now? \_\_\_\_ Yes \_\_\_\_ No

Are you in military-related service overseas? \_\_\_\_ Yes \_\_\_\_ No

Where are you serving? \_\_\_\_\_

Are you a Seventh-day Adventist Church member? \_\_\_\_ Yes \_\_\_\_ No

Local conference holding membership? \_\_\_\_\_



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# TELL US YOUR STORY

In the days before digital photos, printed snapshots of people's stories were kept in photo albums. Those photos were the visual evidence of events, emotions, convictions, and legacies.

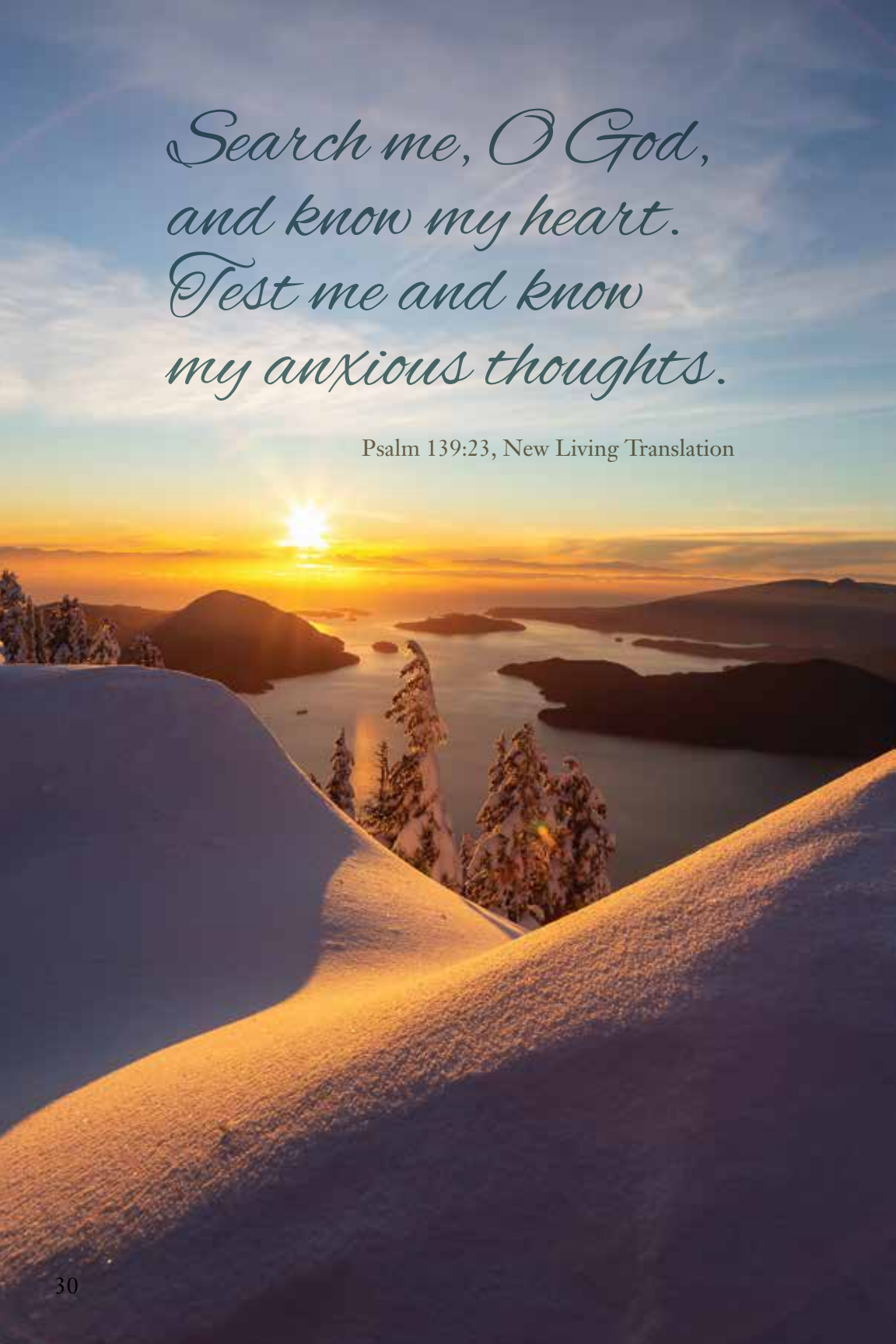
At the World Service Organization, we believe your story of service is important. We want to tell it in the pages of *For God and Country*.

We are seeking stories about Adventists serving in uniform. This includes all military—Active Duty, Guard or Reserve, and veterans, law enforcement, firefighters, EMTs, First Responders, Search and Rescue, and others who serve their community, state, province, or nation.

To share your story, contact the *For God and Country* editor at [ACMEditor@gc.adventist.org](mailto:ACMEditor@gc.adventist.org).

**YOUR LEGACY NEEDS TO BE SHARED WITH FAMILY,  
FRIENDS, AND THE CHURCH-AT-LARGE.**



A scenic view of a sunset over a body of water, likely a fjord or bay, with snow-covered hills in the foreground. The sun is low on the horizon, casting a warm, golden glow across the sky and water. The foreground shows a snow-covered slope with some evergreen trees. The background features distant mountains and islands.

*Search me, O God,  
and know my heart.  
Test me and know  
my anxious thoughts.*

Psalm 139:23, New Living Translation

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To be added to the mailing list, e-mail the editor or call 301-680-6785. Comments and/or articles are welcome and should be sent to the editor at [acmeditor@gc.adventist.org](mailto:acmeditor@gc.adventist.org). Include your full name, complete mailing address, telephone, e-mail address, and current digital photos with all submissions. Items submitted by mail will not be returned unless accompanied by a self-addressed stamped return envelope.

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The National Service Organization is the official military-relations office of the Seventh-day Adventist Church. Its primary mission is to provide pastoral care and religious resources to support the spiritual well-being of Seventh-day Adventist military-related personnel.

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It is not your feelings, your emotions, that make  
you a child of God, but the doing of God's will.

– Mind, Character, and Personality, Volume 1, page 124



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God & **Country**

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