

Thule Chapel Services

1. **Thule Air Base Chaplain available 24/7 at 2211, tetra 88-2211**—100% confidential counseling
2. **Prayer for the Community** - Send any prayer request to us at the Thule Chapel FB page (<https://m.facebook.com/thule.chapel.7>) to have the staff pray for that need. Mark your prayer "Private Prayer." Prayers marked "private prayer" will not be included in the Sunday 1100 prayer service, but will be prayed for by our chaplain corps staff.
3. **Recorded Thule Chapel Services** - all kinds of virtual services are available from many religious communities and organizations and we encourage you to use them. One that the Thule AB Chapel recommends is our own Chaplain who will have a pre-recorded sermon of himself that will debut every Sunday at 1100 and re-play Mon-Sat 0730 and 1930 on channel 104.

Spiritual Resources

A variety of resources are available for all religious, spiritual, and philosophical beliefs at the following websites.

- (Astaru, Neo-Norse, Paganism) These religions have a wide umbrella of belief. The following are some keywords to use when researching these belief systems. "Heathen Talk" "Asatru's Greatest Hits or Links for Newbies" "Real Heathenry" "A World Full of Gods" "Our Troth - Kveldulf Gundarsson" "Runelore" "Way of the Heathen" "The Norse Myths" "Teutonic Mythology" "Urglaawe Terminology""
- (Buddhism) Zencast podcast - <http://www.zencast.org> An extension of <https://www.insightmeditationcenter.org/>. Can be found on most podcast services. This is a Buddhist podcast sharing a new Dharma lesson each Sunday.
- (Buddhism) Free Guided Meditations - <http://marc.ucla.edu/body.cfm?id=22&oTopID=22> This website provides mindful meditation podcasts that are free. They are offered in English and Spanish.
- (Catholic) Free Religious Education - "The Eucharist in Scripture" by renowned scholar Scott Hahn. Six segments of about 30 minutes. Gives parents and children excellent insights into the Eucharist which can help your own deeper understanding of this sacrament. - <https://stpaulcenter.com/free-stream/>
- (Catholic) Faithmag - <https://faithmag.com/spiritual-fitness> A digital magazine of insightful articles to enhance your spiritual fitness from the Catholic diocese of East Lansing, Michigan.
- (Catholic) Word on Fire - <https://www.wordonfire.org/> Dedicated to understanding the Catholic faith and the world today, this site has thoughtful videos, blogs and other resources.
- (Catholic) The Understanding the Scriptures Podcast: <https://catholicboard.com/>
- (Catholic) Bishop Robert Barron's theological studies: <https://www.wordonfire.org/>
- (Catholic) Busted Halo: faith shared joyfully: <https://bustedhalo.com/>
- (Ecumenical) Pray as You Go - <https://pray-as-you-go.org/player/prayer%20tools/2760> Podcast - currently has a special feature called "Pray as You Stay." Follows the Ignatian method. Provides general prayer resources such as the "Lectio Divina." The website also offers various prayers such as a "Prayer for Loneliness." An app is available via Apple and Google stores.
- (General Spirituality) Service-Growth - <https://www.servicegrowth.net/> This general spirituality portal contains over 600 resources linking you to the wide range of groups, initiatives, and resources engaged in supporting a quantum shift in human consciousness as well as individual spiritual growth.
- (Humanism) Church of Spiritual Humanism - <http://www.spiritualhumanism.org> This website has many resources to aid a practice and enrich the life of anyone who identifies with humanism.

- (Jewish) JWB Jewish Chaplains Council – icca.org
A website supporting Jewish personnel of the Armed Forces with resources and information and advocacy concerning Jewish life.
- (Multi-faith) Labyrinths <http://www.labyrinth.org.uk/onlineLabyrinthpage1.html> or <https://labyrinthssociety.org/experience-labyrinths>
Labyrinths of various kinds are available both online and for print.
- (Multi-Faith) Patheos - www.patheos.com
This website provides a wide variety of spiritual and religious resources. Many different faiths are represented on this site.
- (Multi-Faith) Spirituality and Practice - <https://www.spiritualityandpractice.com/>
Serves people of all the world's religions and spiritual paths and those with no tradition to provide the wisdom and practices of spiritual traditions from across the globe.
- (Multi-Faith) Religion Facts - <http://www.religionfacts.com/> This website provides free information on the world's major religions, as well as the rituals and customs that go along with them.
- (Multi-Faith) Beliefnet - www.beliefnet.com
Beliefnet helps people find and walk a spiritual path that instills comfort, hope, strength and happiness. It is through this discovery that their readers are empowered to live a more meaningful life.
- (Protestant) Eternal Leadership podcast - <http://eternalleadership.com/media/podcast/eternal-leadership-podcast/>
An extension of <http://eternalleadership.com/>. Can be found on most podcast services. This is a Protestant Christian based podcast dedicated to equip and inspire leaders to accomplish what God has created in them!
- (Yoga) Yoga Alliance - <https://www.yogaalliance.org/>
A website that explains what yoga is and how it can be beneficial for one's health and mind. The website allows one to find yoga instructors near them and different yoga's practiced within their community.

Resiliency Resources

- **Real Warriors Campaign:** www.realwarriors.net
Provides resources to service members, veterans, military families, and health professionals affected by obstacles that prevent them from seeking the care they require.
- **After deployment:** <https://bit.ly/2NclcA4>
A website that provides wellness resources for the military community. The website provides self-assessments for a variety of needs including life stress, anxiety, anger, spirituality and work adjustment. It also provides additional websites for families and service members seeking other resources.
- **Sesame Street for Military Families:** <https://bit.ly/1Lwc2pk>
Recognizes the need for first-rate media-based resources to support military families. For that reason, it launched bilingual, multimedia outreach initiatives that help military families and their young children cope with the challenges of deployment and build resilience in times of separation and change.
www.sesamestreetformilitaryfamilies.org
- **Happiness Lab Podcase:** <https://www.happinesslab.fm/coronavirus-bonus-episodes/beat-your-isolation-loneliness>
In the "Happiness Lab" podcase, Yale professor Dr. Laurie Santos will take you through the latest scientific research and share some surprising and inspiring stories that will forever alter the way you think about happiness. -- Coronavirus Bonus Episodes -- "Beat Your Isolation Loneliness."

Exercises to Increase Inner Personal Strength

Filling Your Spiritual Tank

Write down three or more activities/actions that bring you joy, brighten your day, or give you a great deal of fulfillment. These are things that "fill your spiritual tank."

Some examples are: going on a hike with my daughter, eating interesting foods at new restaurants, listening to my favorite band's music, or reading crime novels. Spiritual/religious activities might include singing worshipful songs, praying daily, meditating each morning, fellowshipping/conversing with people who are a part of my beliefs, principles or values community, or serving those in need.

Taking a Daily Vacation

- Researchers have learned that the number of positive emotions we have are more important than the intensity of those positive emotions. This means more frequent positive emotions are more likely to help you than more intense positive emotions. Daily vacations give opportunities for frequent positive emotions.
- Even when your life is in the fast-lane you can find time to actively enjoy and appreciate the experiences in your life as they happen.
- Taking a small "vacation" every day helps us enjoy experiences as they happen. For example, take a walk, chat with friends, take a hot bath, or watch the sunrise with a mug of tea. The only limit is your imagination. Most importantly, choose something you enjoy.
- Daily vacations can last just a few minutes and still let you relax and set aside your worries and fears.
- During your daily vacation, note how you are feeling. What positive emotions are you experiencing? Take note of them.
- Daily vacations are most effective when you plan them in advance so you can look forward to them. Consider putting your daily vacation on your schedule.

Gratitude Letter

1. Choose an individual that has been especially kind to you but has never heard you express your gratitude.
2. Write a gratitude letter describing in concrete terms why you are grateful.
3. If possible, deliver the letter in-person and have the recipient read the letter in your presence (if in-person is not possible, then send the letter to them and follow it up with a phone call).

Gift of Time

Think of a person for whom you care. What might you be able to do for this person that entails nothing more than the giving of your time and indeed that takes time? Certainly, there are acts of kindness that entail gifts of money or goods, but in this exercise, time is of the essence. Plan a gift of time for this person and give it freely, whether it means doing something with them or something for them. Spend as much time as needed to do the favor well and do not take any shortcuts. Finally, do not tell the recipient of your gift how much time you spend—let the gift speak for itself.

Two Good Things

1. At the end of each day, write down three things that went well during the day. Do this every night for one week. The three things you list can be relatively small in importance ("my husband picked up my favorite ice cream for dessert on the way home from work today.") or relatively large in importance ("My sister just gave birth to a healthy baby boy").
2. After each positive event on your list, answer in your own words the question, "Why did this good thing happen?" For example, you might speculate that your husband picked up ice cream "because he can be really thoughtful" or "because I remembered to call him from work and remind him to stop by the grocery store." When asked why your sister gave birth to a healthy baby boy, you might explain, "God was looking out for her" or "She did everything right during her pregnancy."