



PREP TIMES

USAREUR
FREEDOM'S
EXPEDITIONARY FORCE
AN ARMY FORWARD
ANY MISSION, ANYWHERE!



ISSUE SIX

V CORPS ARTILLERY MINISTRY TEAM

OEF/OIF

HARMONY & HUMILITY

CAN'T WE JUST GET ALONG?

Typically, as families prepare for deployments, they experience more friction and anxiety. This is normal. Issues that have been put on the "back burner" need resolution. Activities increase and time is at a premium. Tension and frustration mount as months become weeks, and weeks become days. How do you maintain HARMONY during this critical time? How do you handle differences of opinion? How do you create an atmosphere of calm in the middle of a storm?

There are steps you can take to ease the tension and lower the anxiety. This issue of Prep Times addresses the values of harmony and humility. Harmony is a condition. Humility is an attitude. They both play an important role in healthy families.



"I need a better word processor for my husband. One that will correct his spelling, grammar, and opinions."

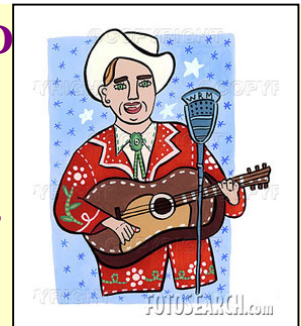
IN THIS ISSUE:

- 1 Hard To Be Humble
- 2 Same Sheet of Music

NEXT ISSUE:

HUMILITY IS HARD

Mac Davis used to sing a country song entitled, "Oh Lord, It's Hard To Be Humble, When You're Perfect in Every Way." The lyrics are rather humorous as the singer goes on and on about his own goodness and rightness.



The truth is that it IS hard to be humble. Humility does not come naturally to most of us. Perhaps it is because we tend to equate humility with weakness and we certainly do not want to be perceived as weak. The simplest definition of humility is modesty. Its opposite is arrogance or self-importance.

A friend of mine would sometimes quip, "Look, I may not always be right...but I am never wrong!" I suppose we all have a bit of this attitude especially when we are challenged. During the stressful days of predeployment, there are many unknowns. Add to that the pressure of trying to plan adequately for the absence of a family member for a lengthy period of time. We wish we could figure all the angles, the possibilities, and the have answers to the "what-ifs". Unfortunately, we can't. This can be a very HUMBLING experience. We are uncomfortable with saying, "I don't know."

As families discuss issues, it is important to understand that we can't figure everything out and there will be uncertainty. An attitude of humility at times like this doesn't mean that we have lost control or that there is nothing we can do. Though we are not perfect, we are capable. And if you need resources or help with family issues, don't let stubbornness or pride prevent you from getting what you need.

QUOTE: Humility leads to strength and not to weakness. It is the highest form of self-respect to admit mistakes and to make amends for them. – John McCloy,

For information about PREP TIMES contact Chaplain Eric Erkkinen at eric.erkkinen@us.army.mil



FAMILY QUOTES...

DUMBWAITER: one who asks if the kids would care to order dessert.

FAMILY PLANNING: the art of spacing your children the proper distance apart to keep you on the edge of financial disaster.

FEEDBACK: the inevitable result when the baby doesn't appreciate the strained carrots.

FULL NAME: what you call your child when you're mad at him/her.

GRANDPARENTS: the people who think your children are wonderful even though they're sure you're not raising them right.

INDEPENDENT: how we want our children to be as long as they do everything we say.

OW: the first word spoken by children with older siblings.

SHOW OFF: a child who is more talented than yours.

STERILIZE: what you do to your first baby's pacifier by boiling it and to your last baby's pacifier by blowing on it.

TOP BUNK: where you should never put a child wearing Superman jammies.

PREP TIMES is a series of eight newsletters designed to address issues, problems, and concerns facing Soldier families that are preparing for deployment. For more information, contact: eric.erkkinen@us.army.mil

SAME SHEET OF MUSIC

Perhaps you have heard someone say, "Make sure we are all on the same sheet of music!" What would happen if concert musicians all had different sheets of music on the music stand? You may have the best musicians in all the world, but when the concert begins it would be chaos. You have everyone playing their absolute best, but the music would be nothing more than lots of sound. What makes music beautiful are tempo, tone, and the tune. If musicians don't keep the same tempo, you have confusion. If the tone or sound of an instrument is either sharp or flat, then you have harshness or dissonance. If the tune is not followed, all you have is noise.

Harmony between family members is achieved when everyone works together toward a common goal, when everybody is on the same sheet of music. Each member knows the strengths and weaknesses of the others in the team. Weaknesses are minimized and strengths are used to their fullest. It is important to note here that every family experiences conflicts. That does NOT mean harmony is lost. Like music, it may be a timing piece that is creating disharmony. When stress builds, we sometimes need to regroup and re-look what is going on. Allow everyone time to catch up and process what is going on. Perhaps the issue is tone. How does the team feel about an issue? Are there strong emotions that seem to override the issue? This may require some retuning and examining of feelings. And finally...the tune itself. Do all the members have the same goals?

When the tempo, the tone, and the tune are right you have beautiful music and it sounds good. This is also true in families when everyone is on the same sheet of music, the tempo is right on, and the tone is perfect.

