

SPIRITUAL RESILIENCE

Resilience is the capacity to persevere. In military terms, it's the ability to "drive on." In practical terms, it's the ability to have more resources at work FOR you on the inside than circumstances at work AGAINST you on the outside. That's where spirituality, and in particular, the timeless strength of religion comes in.

From its birth our national heritage has been firmly founded on religious freedom. In fact, the existence and support for freedom of religion is guaranteed in the First Amendment to our Constitution — and the presence of Chaplains in the ranks of the military since 1775 is a testimony to the central role

"The soldier's heart, the soldier's spirit, the soldier's soul are everything. Unless the soldier's soul sustains him, he cannot be relied upon and will fail himself, his commander, and his country in the end."

General Of The Army, George Marshall

faith, has, is, and will continue to play in helping Soldiers and their Families deal with the deepest needs of their lives and the challenges of military service.

"Up-Armor" yourself by going deep spiritually and taking advantage of all Fort Campbell has to offer to you through its religious support programs!

During duty hours contact your unit Chaplain, after hours call Division Staff Duty at (270) 798–9467 or (270) 412-6600 and ASK FOR THE ON CALL CHAPLAIN

SPIRITUAL

RESILIENCE

FORT CAMPBELL

Your Community Of Faith



https://home.army.mil/campbell

Helping You Move From Where You Are . . . To Where You Want To Be



WORSHIP SERVICES

For information on worship services, please call the Integrated Religious Support Office at 270-798-6124.

CATHOLIC

SUN	1000	Mass	Soldiers Chapel
	1200	Mass	Soldiers Chapel
M,T,TH	1145	Daily Mass	Soldiers Chapel
SUN	0900-09	945 Confession*	Soldiers Chapel
	1115-1	145 *Or by Appt.,	call (270) 798-2352

PROTESTANT

			
SUN	0900 0930 1000 1000 1100 1130 1145	Traditional Traditional Apostolic Gospel Crossroads Samoan Progressive (Open Table)	Memorial Chapel Hospital Chapel Liberty Chapel Community Chapel Liberty Chapel Memorial Chapel Community Chapel
		JEWISH	

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. .	1000	Cla alla la a

FRI	1800	Shabbat	Memorial Chapel
		MUSLIM	

Memorial Chapel

1300 Jumah

		PAGAN	
SUN	1400	Phoenix Rising	Religious Support
			Annex

RELIGIOUS EDUCATION

For Information on a variety of religious education opportunities, please call Liberty Chapel at (270)798-3185, or visit the Office at BLDG 3111, Bastogne Ave, Monday-Friday, 0900-1630.

		Catholic
SUN	0815	Religious Ed Program Liberty Chapel Note: (No Religious Ed. during summer)
SUN	1300	Middle School Youth Soldiers Chapel (Every 3rd Sunday, 6th-8th Grade)
		<u>Protestant</u>
WED	1830	Gospel Bible Study Community Chapel

POST-WIDE GROUPS

For information on post-wide gatherings, please call the Integrated Religious Support Office at (270) 798-6124.

Children **AWANA**

SUN	1500	AWANA	Liberty Chapel
Note:	No AWA	NA durina summer	(270) 798-3185

Crossroads Youth

SUN	1300	Liberty Chapel
		(270) 798-3185

Adults

(CWOC) Catholic Women of the Chapel

MON	0930	CWOC	Liberty Chapel
	* Chilo	Icare Provided!	(270) 798-3185

(PWOC) Protestant Women of the Chapel

TUES	0930	PWOC	Liberty Chapel (270) 798-3185
WED	1830	CWOC	Liberty Chapel
	* Chil	dcare Provided!	(270) 798-3185

(MOPS) Mothers of Preschoolers

WED	0915	2nd & 4th WEDs	Liberty Chapel (270) 798-3185
	* Childco	are Provided!	

(OCF) Officer Christian Fellowship

THUR	1900	Liberty Chape
		(270) 798-3185

Navigators

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Thur	1800	Liberty Chapel
		(270) 798-3185

Phoenix Rising

WED	1800	Religious Support Annex

Knights of Columbus (K of C)

WED	1800	(Every 2nd WED)	Soldiers Chapel
			(270) 798-2352

COUNSELING

For information on confidential counseling, please call the Family Life Chaplain's Office at (270) 798-3316

Chaplain Family Life Counseling Center

Phone: (270) 798-3316 Location: 3106 Indiana Ave.

Hours of Operation: 0900-1700 (Mon-Fri) Services Provided: (Professional and Confidential)

- Individual, Couple and Family TherapyMarriage Counseling & Marriage Preparation
- Parenting Skills
- Grief Counselina
- Combat Stress & Trauma Counseling
 EDMR (Eye Desensitization Movement & Processing

Support Groups

TUES	1800	*Deployed Spouses	Liberty Chapel
THURS	1130	*Celebrate Recovery	Liberty Chapel

*Lunch/childcare provided! *Contact Family Live Chaplain

Command Chaplains / Units

Feel free to call the following chaplain points of contact who can connect you with your specific unit chaplain

Integrated Religious Support Office (IRSO)

Command Chaplain	(270) 798-6124
Garrison	
Garrison Chaplain	(270) 412-1528
101st Airborne Division (Air Assault)	
Division Chaplain	(270) 798-6913
52nd Explosive Ordinance Group (EOD)	
Group Chaplain	(270) 412-3068
160th Special Operations Regiment (SOAR)	, ,
Regimental Chaplain	(270) 956-2490
5th Special Forces Group (Airborne)	
Group Chaplain	(270) 798-3306
Medical Command (BACH)	,
Hospital Chaplain	(270) 798-8464
531st Hospital Center	,
Hospital Chaplain	(270) 461-0756
Soldier Recovery Unit (SRU)	,

Army Online Giving:

SRU Chaplain

Method 1: Scan the QR code with your mobile device

Method 2: Open internet browser and enter the URL https://os56.army.mil/give Army Online



(270) 412-6011

When you are hurting



Silence is not golden

Asking for help is a sign of strength...not weakness. **Chaplain CARE line:**

ASK YOUR BUDDY

- · Have the courage to ask the question, but remain calm
- Ask your questions directly:
- Are you thinking of harming yourself?
- Do you have a plan to kill yourself?

CARE FOR YOUR BUDDY

- · Calmly control the situation; do not use force; be safe
- · Actively listen to show empathy
- Remove any means that could be used for self-injury
- Request assistance if needed

SCORT YOUR BUDDY

- · Escort to local emergency room, behavioral health professional. Chaplain, chain of command, or primary care provider
- · Call the Military Crisis Line



For more information on Chaplain services visit https://home.army.mil/campbell As of 11 April 2023



