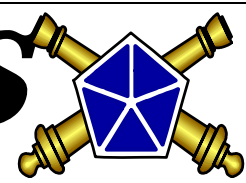




PREP TIMES

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



ISSUE FIVE

V CORPS ARTILLERY MINISTRY TEAM

OEF/OIF

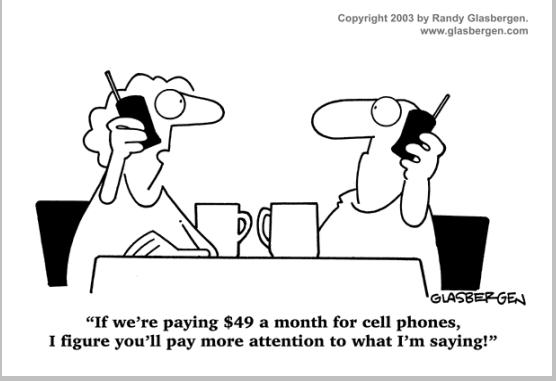
SAVORING TIME TOGETHER

“QUALITY TIME”

Have you ever heard people talk about needing to spend more “quality time” together? What does that mean? I recall a survey done by Focus on the Family in which the interaction time between father and child was measured. Astoundingly, the fathers monitored spent an average of 2-3 minutes per day with their child. And frequently the interaction was corrective. Contrast this with the time a child watches television. Just for the heck of it, do a checkup on the time you spend with your spouse and, if you have children, with each child individually. Also consider WHAT you are doing with them.

How would you define “quality time”? A recent news article stated that families that gather around the table regularly for meals experience significantly fewer problems with their children in the areas of alcohol abuse, violence, and drug use. Perhaps something as simple as dinner together is indeed quality time. One would think that, with our amazing technological advances in communications, we would connect with those closest to us. We can send signals to the other side of our galaxy and beyond, yet many of us fail to connect with those in our own homes.

As we near the time for deployment, TAKE the time to connect with those you love. If you need help, talk to your chaplain. Use the time wisely. It will pay off.



TIME is a precious thing. Every minute that passes represents an opportunity seized or lost. A few years ago actor Bill Murray played a weatherman in the movie “Groundhog Day”. Every morning he would awaken to the same Sonny and Cher song and relive Groundhog Day in the little town of Punxatawnee, PA. The day finally changes when he discovers the absolute joy of selflessness and giving without expecting something in return.

We cannot redo or relive our days. They come once and are gone. The *Duke*, John Wayne, once said...

“Tomorrow is the most important thing in life. Comes in to us at midnight very clean. It's perfect when it arrives and it puts itself in our hands. It hopes we've learned something from yesterday.”

I found a website that can be programmed to tell me how many seconds I have left to live. The digital clock ticks away in the corner of the screen telling me, as I write this, that I have 1,322,238,829 seconds left. According to the clock, I have approximately 42 years left. Obviously, the ticking clock is not predictive but it does serve as a reminder of how seconds are ticking away.

1,322,238,829 seconds left

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

QUOTES WORTH REMEMBERING...

"The world is so fast that there are days when the person who says it can't be done is interrupted by the person who is doing it." --Anonymous

"Insanity: doing the same thing over and over again and expecting different results." --Albert Einstein

Do not wait; the time will never be "just right." Start where you stand, and work with whatever tools you may have at your command, and better tools will be found as you go along. --Napoleon Hill

"Time's fun when you're having flies" --Kermit the Frog

"You pile up enough tomorrows, and you will find you've collected a lot of empty yesterdays." --Harrold Hill

SAVOR THE FLAVOR

Have you ever tasted something so delicious that you couldn't get enough of it? Several of Ben and Jerry's Ice Creams do that for me. I think "Chunky Monkey" is my favorite. As I put the last spoonful in my mouth, I allow it to melt slowly to "savor" the last little bit. Then...I fill up my bowl again.

To savor something means to recognize the worth, quality, or importance of something AND to appreciate it to the fullest. Time is something we often waste because we figure we have plenty of it. If we go on vacation and visit friends and relatives, we savor the moments because we know the vacation will end and we will miss the good times.

With the upcoming deployment, we recognize the value, worth, and importance of our time together. And we want to use these moments to the fullest. That doesn't always mean going on a costly trip. We savor time whenever we

As with most things, our desires to savor a good meal or a happy moment meet reality. Things can and frequently do go wrong. Our expectations aren't met and disappointment results. Do not let setbacks diminish your goal to savor time.

Advertising.



Reality.



Did you ever notice things are not always what they are cracked up to be? The ad above illustrates the point. You see the burger on the left and can't wait to bite into it, only to receive the burger on the right. Our expectations do not always match reality. Often we are disappointed when people let us down. We have great expectations, but people don't always live up to them. The old slogan the Army had for years encouraged Soldiers to "Be All They Can Be!" Remember that? Now, we advertise an "Army of One". Perhaps we can't quite BE all that we can. However, that need not keep us from putting out our BEST effort. Your family depends on you to do your best. And they deserve that. Use every moment to strengthen family bonds.