

## 2016 ANONYMOUS CHAPLAIN SPOUSE SURVEY Resources

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Appendix 2: Resources referenced or recommended:

***Boundaries: When to say Yes, When to Say No* by Dr John Townsend & Henry Cloud**

*Having clear boundaries is essential to a healthy, balanced lifestyle. A boundary is a personal property line that marks those things for which we are responsible. In other words, boundaries define who we are and who we are not. Boundaries impact all areas of our lives: Physical boundaries help us determine who may touch us and under what circumstances -- Mental boundaries give us the freedom to have our own thoughts and opinions -- Emotional boundaries help us to deal with our own emotions and disengage from the harmful, manipulative emotions of others -- Spiritual boundaries help us to distinguish God's will from our own and give us renewed awe for our Creator*

***The Military Experience: Perceptions from Senior Military Officers' Wives* by Henrietta McGowan**

*While significant challenges face all military spouses, officers' wives deal with additional and more stringent demands than those faced by the wives of their enlisted counterparts (Segal, 1990). The question central to this study asked, "What is life like for women married to senior military officers?" "What is the essence and meaning of the lived experience for these women?"*

***"The Army Wife Handbook, 2nd Edition. Ann Crossley and Carol A. Keller***

***From Reveille to Retreat: A Handbook for the Army Chaplain's Spouse***

*Offers you a glimpse into the world of the Chaplain Spouse- from walking onto post of the first time to retirement.*

***Sacred Spaces: My Journey to the Heart of Military Marriage* by Corie Weathers, LPC**

*Like many military couples, Corie and her husband, Matt, an Army chaplain, accumulated significant unshared moments during Matt's deployments. Matt lost friends and fellow soldiers to combat in Afghanistan. On the home front, Corie sat with bereaved military families and walked through dark days with new widows as a friend and professional counselor. When Matt returned, he and Corie began using the term "sacred spaces" for these and other significant moments they had experienced independently. After multiple deployments, sacred spaces were taking up a lot of emotional room in their relationship. By sharing her story, Corie hopes to help other military couples strengthen their marriages.*

***Mission Ready Marriage: My Life As An Active Duty Wife* by Claire Wood**

*As a relatively new active duty military spouse, Claire walks readers through many of the common trials of active duty life. From assignments, relocation, making friends and reinventing yourself at each new duty station, to the painful moments of the deployment and reintegration, Claire shares her personal struggles to make sense of what it means to be a supportive military spouse and do her part to keep her own heart and marriage mission ready. As a Christian, Claire explores the idea of what it means to live in full submission to God, her husband and her country. With humor and deep emotion, she shares how this isn't her natural, typical response. You might even say she has gone kicking and screaming (and sometimes crying) at every turn. Claire hopes that her own experiences and reflections will inspire other military spouses to stay the course, keep the faith and find hope for the future. You don't have to be a military spouse to relate to and understand the ideas presented in this book. Mission Ready Marriage is for anyone who has ever wondered if God had the right person in mind for her current assignment. God has given us everything we need for the mission field in which He has placed us.*

***Journey of a Military Wife (Directed, Deployed, Devoted, Dedicated by Brenda Pace***

*Dr. Brenda Pace invites you on a journey into God's Word to find a solid foundation for your life.*

*Each book in the series includes sixty short Bible reflections drawing on Brenda's studies and years of experience serving alongside her husband, a military chaplain. Journey with her through Bible stories that shed timeless – and practical - truth on issues you will encounter in a life of military service. Whether you face deployment, separation, reintegration, relocation, or many other situations, these studies will point you to the Lord for direction, help, and encouragement.*

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## Appendix 3: Resources from Senior Army Spouses

**REBECCA WHITLOCK, WIFE OF CHAPLAIN ROBERT WHITLOCK**

### **Basic Expectations – spoken & unspoken - for Chaplain Spouses**

Although there are no ranks and no “written expectations” for Chaplain Spouses, there are some definite “unspoken ones” that we all deal with. Your Chaplain is required to do a “regular job” AND support the Garrison Chapel ministry. It is not mandatory for You! It can be upsetting to find you have “missed the mark” on something you didn’t even know was expected to begin with. And We expect things of others – even the commander’s spouse. Life is about choices and expectation management. Hopefully this small sample of general Basic Expectations will help clarify life so you can make wise choices while calculating the impacts of those choices. Acknowledging there will be exceptions to *everything*, please read this as painted in broad brushstrokes!!

#### **At ALL levels:**

\*Be integrated into your unit – whatever kind of unit it is – learn your unit’s unique “language” & customs

Hails & farewells, coffees, social events, FRG events, formals/balls, changes of command, organization days, etc.

These soldiers and their families are who your chaplain “lives & breathes with”

Establish rapport – you need them, too – especially if there is a possible deployment

Be a liaison for good information – services (chapel & others) – community meetings/town halls

Keep informed on unit happenings through your spouse and/or spouses group

It is hard to support others when you have no idea about what is happening with them or the group

\*Your chaplain is a military officer and will be expected to fulfill that role – in addition to being a chaplain.

\*Get to know your chaplain’s assistant – He/she is the chaplain’s right hand and also carries the weapon.

\*Get your spouse’s feedback on your involvement and ministry

\*Attend chapel with your chaplain and be involved with chapel activities since you are ministry partners. The congregation members want to see you and know that you are a part of the fellowship. Those attending from your unit would like that, too! Make a difference. Your chaplain may be inviting people to chapel, but if you aren’t willing to attend – why should they?

\*Attend chaplain spouse coffees / events

Hang out with and get to know other cool chaplain spouses who understand “fishbowl”!

\*Attend UMT events – hails and farewells – ecumenical services – promotions – special events

\*Get involved! Make friends! Use your God-given talents/gifts! Share them! You can reach others in your unique ways.

\*Evaluate every tour and location. Differences between CONUS and OCONUS. The needs of the group as well as you and your family change with each assignment. Your choice today in this group does not dictate your choices next year in another group. Life is an ebb and flow of “stuff” that pulls you. Circumstances and seasons change.

\*\*\*You can choose to NOT be involved, but PLEASE make sure you let those who are “expecting you to show up” know that you have made that choice for this season. It reduces aggravation on both sides. \*\*\*

\*Be real – not perfect - but striving to do the right things, even when it is hard.

The other chaplain spouses of your rank are your contemporaries – those you will grow up with and cross paths with over and over before you get out. If you have children, theirs are usually similar ages – share stories, encourage each other on the journey. Give and receive grace.

### ***Company Grade: 1LT & CPT***

Your Unit is your primary focus. Expected:

*For You to Show Up.* Integrate and become part of the “family” that makes up your unit

\*Your Chaplain should be an invaluable & credible part of the Unit Command. You and your chaplain will be seen as a team and expected to support each other & be an example to those around you with your life, marriage and child-rearing, if you have children. You are typically older than most of the 1LT’s/CPT’s in your battalion so they will look to you as a “senior/more seasoned” person. They are wanting to know they can make it in life. Others will be pointing to you as a resource and someone to trust. Though there is a lot of mistrust and “vying for positions” immaturity going on, it is expected that the Chaplain and family is not doing that and can be a welcoming place of peace.

\*Build relationships – Command can be a lonely and exhausting time. Focus on the officers’ spouses in your unit. Reach out when possible and express appreciation for their leadership and support. Most appreciate you being yourself and holding firm to your standards.

**Field Grade: MAJ, LTC & COL**

Your Unit AND the Junior Chaplains' Spouses are your primary focus. Expected:

*All the above as well as an opportunity to guide, mentor and be a Godly example*

The Junior Chaplains' Spouses are taking their cues from you, whether you want them to or not – good and bad.

\*If Brigade level: maintain contact with your Battalion Chaplain Spouses

\*If Division level: maintain contact with your Brigade Chaplain Spouses

\*\*Check the Chaplain chain of responsibility. You may be the senior spouse! \*\*

\*What might that look like? Depends on where you are and the needs around you.

Welcome newcomers – say goodbye – rosters – help with social functions (Unit & UMT) – organize coffees or get-togethers - disseminate post-wide calendars/newsletters/other information – watch for talent & strengths of others and enlist them to help meet the needs within the group ... Don't forget "waiting spouses" (those whose chaplain is deployed or on a hardship/geo bachelor tour). Acknowledge births, deaths, promotions, passed overs – always with utmost respect

\*A courtesy "Heads Up" to your senior chaplain spouse is helpful & wanted. The senior chaplain may not know about "it" to tell the spouse. (Or forgets...) Don't *assume* the senior chaplain spouse knows anything.

*Bottom Line: Expected or not - We are to care for & acknowledge each other as we are personally equipped to do. That may mean enlisting the help of others to make that happen as well as stretching out of our own comfort zone.*

## Chaplain Life Cycle / Promotion Board Process

Basic course – commissioned as 1LT - Maybe CPT if prior duty

1LT 6 months review process to CPT – not a Board – don't do something stupid  
CPT 7 - 8 years Oct/Nov to MAJ Board – Feb/Mar release – promoted based on date of rank  
MAJ 6 - 7 years Jan Board to LTC – April release  
LTC 4 – 5 years June Board to COL – September release  
COL at least 3 years if want to retire as a COL at COL pay, unless hit MRD (mandatory retirement date – age 62) and the Army forces you to retire, then it may be possible to retire as a COL

Chaplain files compete against each other. Do well. The need for the next higher rank will determine the cutoff dates of who goes to the next board.

WHY so LONG to hear? Board results released approx. 90 days after Board meets  
Approving process finished on Army side  
Sent to Congress & approved in Senate before release – gotta have the money to pay you

### **What happens when? What different options are available when?**

**Company Grade (1LT & CPT)** – Battalion Focused/People serve with  
1LT & CPT Works: Battalion or Hospital or Prison  
*Basic Course:* required  
*Option:* CPE 2<sup>nd</sup> year as CPT (1 year school – 3 year utilization tour)  
*Advanced Course (C4):* required – 6 months- offered at 5 years or later  
(not required for promotion to MAJ)

*Other options:* Emergency Medical Ministry Course, CPRT (Chaplain Professional Reinforcement Training), Strong Bonds Certification

**Field Grade (MAJ, LTC, COL)** – Mentoring / Supervising – Coach/Train/Teach/ Mentor

**MAJ Works in:** Brigade, School, Hospital, Family Life, Garrison, Corps, ACOM (Army Command) Staff  
*Major's Course:* required – 2 weeks - also called Brigade Chaplains Course  
*CGSC/ILE:* required  
1. By correspondence or  
2. 4 months in residence or  
3. 1 year long (only 8 chaplains a year selected for this)

*Other options:* ACS - Advanced Civil Schooling (CPE, Family Life, Ethics, World Religions, Homiletics, Resource Management); SIT – Supervisor in Training (for CPE & Family Life only – also LTC's)

**LTC** Works in: Division, Separate Brigade, Hospital, Garrison, Corps, ACOM & DA  
(Dept of Army) Staff

*Lt. Colonel's Course:* required – 2 weeks

SSC – Senior Service College (Army War College, National War College, 2  
Fellowships)

8-10 Selected to do by Correspondence

5 Selected to attend 1 year in Residence (2 for Army, 1 for National  
& 1 each Fellowship)

**COL** Works in: Garrison, Hospital, Corps, ACOM & DA Staff

*Colonel's Course:* required – 2 weeks

**Terms to Know:** AKO, ORB, OER, RFO/Orders, LES, Leave, EFMP

Army Knowledge Online, Officer Record Brief, Officer Evaluation Report, Request for  
Orders, Leave & Earnings Statement, Exceptional Family Member Program

**Deployments:**

Brigade & Below: 9 months

Onsies/Twosies: may be the only one gone from unit

Division & Above: 1 year

## Tradition and why it matters

Below you will find the link for the Army Tradition talk I gave back in late January. Feel free to watch it if you were not in attendance, or to share if you were there and think it's worth sharing! This should go down to the Battalion Level Command Teams when you share.

If you share with junior Spouses who are not part of a command team yet, that is absolutely fine, but please either watch it with them or ask for their feedback after they watch it so you can answer questions/make it more relevant for their situation when required.

I know it's long and really appreciate you taking time to view. I truly believe that sharing our knowledge and love of the Army and its traditions is the only way to give us a chance of retaining or reviving them.

And please let me know if you have any questions or concerns now. Or, if you or some of the Spouses in your organization have any after viewing, please get in touch with me.

<http://www.forthoodpresscenter.com/go/doc/3439/2476278/>

Here's a shorter link that you can use as well -- it goes to the same page.

<http://tinyurl.com/k8ud3a2>

Blessings & Thanks,  
Lynda MacFarland

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