



Chaplain's Corner

Comrade Chaplains,

This month is Stress Awareness month and National Volunteer month. So my message this month is don't let stress get to you. If it does, don't be afraid to talk to someone. I have found out that usually things have a way of working themselves out. If not, there are the good people at 988 just dial it if you need to talk. I personally like to go to a VFW meeting and talk to my comrades or just the chaplain. That is how I get rid of my stress. My mother always said that she felt better after going to church. We just need to find a way that works for us. I also find that volunteering does wonders because it gets you out of the house and you get to talk to other people that can be helpful in itself. Let the Lords light shine upon you!

Yours in Comradeship,

Chaplain Frei

David Frei
VFW National Chaplain

