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| Jan. Feb Mar. 2023 | National Association of American Veterans (NAAV)  1st Quarter Newsletter | | | | Issue #1 |
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| **Editor’s Notes and Message**  **“Our Father Who Is In Heaven, Holy is Your Name”**  Last month we featured the end of a year. As such, we left you with a question: “Is this the end, or the start of a new beginning.” That was the close of December 2022. This is a New Year’s beginning. As we would now agree, the entrance of 2023 was/is the *beginning* of a “new year.” A song by Diana Ross asks the question, “Do you know.” The second verse asks: “*Do you know what you’re hoping for*| *When you look behind you there’s no open doors| What are you hoping for| Do you know?”* The book of Romans, chapter 5, verse 3 contends that “hope does not disappoint.” The National Association of American Veterans (NAAV), Inc., invites you into a New Year of hope…one that we hope does not disappoint. If you left last year behind, we trust there were lessons learned. As new challenges await, we hope you know or able to set your mind, heart, and soul towards what it is you’re hoping for… or do you yet know? This 1st Quarter Newsletter is bringing you into a new beginning with us. Please stay and see us through as we look forward to taking this new year’s journey with you.  \*This year’s word is HOPE…  ***The dictionary describes******“hope”*** *as: (1n) a feeling of expectation; expectation of fulfillment or success; a desire for certain things to happen; to cherish a desire with anticipation; (2v) – want something to happen; to expect with confidence*  \***Hope:** implies little certainty but suggests confidence or assurance in the possibility that what one desires or longs for will happen. (Merriam-Webster.com)  Upcoming features:   * Veteran’s Current Happens - *Hope* * Celebrating Black History * Spiritual Insight * Testimonial Highlights * Closing: Looking-Glass | |  | 782,019 Hope Stock Photos, Pictures & Royalty-Free Images ... | | | |
|  | .Caption illustrates hope amidst dispair -https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.istockphoto.com%2Fphotos%2Fhope&psig=AOvVaw02hZR2koXpHkmRPuTFV-h\_&ust=1677202880157000&source=images&cd=vfe&ved=0CA4QjRxqFwoTCOCo7ODBqv0CFQAAAAAdAAAAABAJ | | | |
| Editor’s Phrase  Hope Does Not Disappoint[[1]](#footnote-1)  What only eyes can see: The love of God poured out into our hearts by the Holy Spirit who was given to us (Romans 5:5 KJV). Even looking forward in anticipation of a new year of uncertainties, challenges, changes, and victories, “hope does not disappoint.” Romans 5:3 sheds light on how our future outlook should be shaped. He writes, “we can rejoice in tribulation.” Not simply for what tribulation might bring, rather we rejoice in what the accomplishments of tribulations can bring to our lives i.e., strength, growth, and help. “We are more than conquerors through Jesus Christ” (Romans 8:37). Yes, “endurance produces character, and character produces hope” (Romans 5:4 KJV). NAAV would like to encourage you to let this year, 2023, produce a full measure of hope in your heart.    \* <https://images.unsplash.com/photo-1610733376381-010db4468779?ixlib=rb-4.0.3&ixid=MnwxMjA3fDB8MHxwaG90by1wYWdlfHx8fGVufDB8fHx8&auto=format&fit=crop&w=1471&q=80> | | | |
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| Jan. Feb. Mar. 2023 | NAAV 1st Qtr. Newsletter | | | | | | Issue #1 |
| Veteran’s Current Happenings – Hope in Action | | | | | | | |
| **Her Story**: January 2023 from Ms. T.T., a single parent veteran with her 10-year-old son. NAAV paid over $3,000 to get her car returned to her. She resides in Upper Marlboro, Maryland.  I am grateful for the NAAVETS program. I am an Army Veteran who had just moved to Maryland from Massachusetts. I secured a teaching job before moving. As I was in the teaching position my PTSD got really bad. I wasn’t sleeping at night which caused me to be late for work and late dropping my son off to school. I ended up having to leave the teaching position due to the issues with the PTSD. Due to the lack of work I got behind on all of my bills. My car was repossessed and I did not have the money to get it back. I reached out to many programs and they all denied me help because they said they didn’t help with transportation issues and that what I owed was too much. When I got in touch with NAAVETS, Constance Burns immediately got to work. She listened to me, gave me many resources, and did not invalidate my experience. Thanks to this program I was able to get my car back. I’m a veteran but I am also a single mother. Without my car I was not able to get my son to school so I needed help immediately. This program was a blessing to both me and my son. I encourage those who can donate to do so to this program. This is a program that cares about veterans and will go above and beyond to help.   * *Hope maketh us “not ashame…”* | | **A ray of hope for veterans:**  Free sunflower images photos free download 259 .jpg files  <https://images.all-free-download.com/images/graphiclarge/sunflower_196614.jpg>  [**National Association of American Veterans, Inc. (NAAV) Partners with Helping Hands Adult Day Services in Support of our Nation’s Veterans and Their Family Members**](https://www.naavets.org/national-association-of-american-veterans-inc-naav-partners-with-helping-hands-adult-day-services-in-support-of-our-nations-veterans-and-their-family-members/) | | | **Charles Tyrwhitt** **Men’s Store** continues to deliver in 2023. This past Valentine’s Day, NAAV received a large box full of over sixty (60) men’s shirts from Edward Arnold, Assistant Store Manager for NAAV to donate to the homeless population we serve.    NAAV hope you will donate in support of those who served and are serving in the U.S. Armed Forces in 2023 as we continue to reach out and help Veterans experiencing homelessness and poverty in the nation’s capital. Thank you. | | |
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| **Celebrating Black History Month – February 2023**  “Black Resistance – God’s Unchanging Hand”      This event took place on Saturday, February 25, 2023, at Fort Myers-Henderson Hall, A Gospel Service as part of Black History Month in concert with “Keeper of the Community Celebration Chaplain (Colonel) Willie Mashack, U.S. Army, Pastor”  The Joint Base Myer-Henderson Hall Gospel Service Black History Month Keeper of the Community Celebration was held on Saturday, February 25, 2023, at 1:00 p.m. ET. Chaplain (Colonel) Willie Mashack, U.S. Army, Pastor presented this year's Welcome to attendees at this Black History Month Celebration. Past Recipients of the Keeper of the Community Award included the **Constance A. Burns, President and CEO of the National Association of American Veterans, Inc. (NAAV)** awarded in February 2021. NAAV's Board of Directors Roy L. Croom served as a member of the Black History Month Planning Committee for 2023.  **Guest Speaker**:  Chaplain (Brigadier General) Andrew R. Harewood Deputy Chief of Chaplains, U.S. Army Reserve and Director of Strategy, Plans, Policy, Resources and Soldier/Family Spiritual Readiness.    **Quotes of “Hope” from Dr. Martin Luther King:**  (MLK 1968 –The trumpet of conscience)  (MLK)  https://www.shutterstock.com/image-vector/hope-icon-dove-olive-leaf-260nw-1695252040.jpg | | | | | Chaplain Zimmerman is a native of South Carolina, where he received an undergraduate degree (pre-med) from Benedict College in Columbia, South Carolina (1962). In 1965, Chaplain Zimmerman, who originally wanted to attend medical school, enrolled instead in the Duke University Divinity School on a scholarship. In 1965 he became the first African American to earn a Master of Divinity degree from Duke University.  Caleb Smith JROTC Cadet 1st Lieutenant Nation’s Youngest Glider Pilot - Caleb Smith, a phenomenal young man in the DC, Maryland Virginia area has a promising future as a certified advanced pilot before his 18th birthday.    Andrea Joe, Usher Ministry President JBM-HH Gospel Service | | |
| Constance A. Burns, NAAV, Inc., CEO  **NAAV Moments of Meditation and Scripture**  Give Us This Day Our Daily Bread  \* Give us this day: <https://www.google.com/url?sa=i&url=https%3A%2F%2Fodb.org%2Fshareable%2Fshare-odb-2019-02-25%2F&psig=AOvVaw1s95ZrdUKo53544zGeYXjt&ust=1677451094957000&source=images&cd=vfe&ved=0CA4QjRxqFwoTCOCnzLbesf0CFQAAAAAdAAAAABAR> | | | ...    John 16:33 says, “In this world you will suffer; but be courageous, for I have overcome the world!” (John 16:33). Lord God, we can always trust in Your faithfulness toward doing what is always best for us. For we know that all things will work together for good for those who love You and those who are called according to Your purpose (Romans 8:28). God will give His best to those who leave the choice with Him. Therefore, “Be strong and of good courage; for the LORD Your God, He is the One who goes with you. He will not leave you nor forsake you” (Deuteronomy 31:6).  “Be strong and do not give up, for your work will be rewarded” (2 Chronicles 15:7).  “Let us run with perseverance the race marked out for us” (Hebrews 12:1).  “If you believe, you will receive whatever you ask for in prayer” (Matthew 21:22).  “The eyes of the Lord are on the righteous and His ears are attentive to their prayers” (1 Peters 3:12).  “The Lord is faithful, and He still strengthen and protect you” (2 Thessalonians 3:13). | | | Prayer Corner  “Thy Kingdom; Thy Will be Done”  **Constant Prayer:**  Heavenly Father, help us to trust the past to Your mercy, the present to Your love, and the future to Your providence. Lord God, give us inner strength to get through the challenges in this life. Lord, family, friends, and others may fail us, but Your promises will stand forever. Lord, help us to never, never give up! Help us to take a step and another step day by day. Lord God, please fill us with Your joy, peace and hope by the power of the Holy Spirit (Romans 15:13). Lord God, thank You that we have won the victory because of Christ who shed His sinless blood on Calvary’s cross for our sanctification, justification, glorification, and remission of our sins. Now as born-again believers of the **born of the water and the spirit** we can do all things through Christ our Lord and Savior who gives us strength (Philippians 4:13). Lord, help us to pray morning, noon, and night giving you thanks and rejoicing in You always knowing that You are always with us. In Jesus’ name, we pray. Amen.  75+] Lords Prayer Wallpaper - WallpaperSafari  Teach us how to pray: <https://www.google.com/url?sa=i&url=https%3A%2F%2Fwallpapersafari.com%2Flords-prayer-wallpaper%2F&psig=AOvVaw21XmILN-rotYCFJTgflVac&ust=1677450898455000&source=images&cd=vfe&ved=0CA4QjRxqFwoTCPj4-Njdsf0CFQAAAAAdAAAAABAE> | |
| The Bible says, “God is our refuge and strength, a very present help in trouble” (Psalm 46:1). When we have no strength, we should cast all our cares upon the Lord, and He will sustain us (Psalm 55:22). God promise that He would give us strength to get through the pit falls and challenges in this life. Therefore, we should be strong and take heart, and place our hope in the LORD (Psalm 31:24).  *\*All Scripture quotations are taken from the New King James Version of the Holy Bible.*  By Constance A. Burns, NAAV Spiritual Wellness, Scriptural Readings, and Moments of Meditation Contributor; email: [**cburns@naavets.org**](mailto:cburns@naavets.org). | | |
| <https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.shutterstock.com%2Fsearch%2Fhope&psig=AOvVaw02hZR2koXpHkmRPuTFV-h_&ust=1677202880157000&source=images&cd=vfe&ved=0CA4QjRxqFwoTCOCo7ODBqv0CFQAAAAAdAAAAABAE> | | | | | | | |
| |  |  |  | | --- | --- | --- | | Tuesday, Sep 20, YYYY | NAAV Building up the Hope | Issue #10 |     **\*** https://cdn.w600.comps.canstockphoto.com/hope-drawings\_csp0969513.jpg   * **Featured Testimonial:**   In January and February NAAV provided emergency assistance to James Wheat, Jr., and family members with three rooms of furniture in Lexington, Kentucky. Sometime life brings on unexpected situations. At the moment they seem to overwhelm us and set us into a spin of hopelessness. Where does one turn in times like these?  Thankfully, NAAV was there for the Wheat family during their time of unexpected devastation to their home, property, and normality of life. Uprooted by a fire and loss of valuable items, and comforts of home. After seeking other resources to no avail, the Wheat family fell into a blessed field of hope upon reaching out to NAAV. James Wheat told his story and NAAV not only listened but provided financial assistance and a home of furnishings… *Hope* restored.  In Mr. Wheat’s words from his heart:  *“Thank you NAAV, Inc. for providing three rooms of furniture to my family and delivered to our home that was destroyed by a fire a day before Christmas in 2022. Your organization worked with the Bob's Discount Furniture Store and Foundation to deliver three rooms of furniture in January and February of 2023. My family and I are all thankful to God and NAAV, Inc. for helping us during this challenging time in our life."*  **A New Year of Prayer and Rejoicing in the Lord our God:**  “But as for me, my prayer is to You, O LORD, in the acceptable time; O God, in the multitude of Your mercy, Hear me in the truth of Your salvation.” **(Psalm 69:13)**  “For the LORD shall build up Zion; He shall appear in His glory. He shall regard the prayer of the destitute, and shall not despise their prayer.” **(Psalm 102:16-17)**  “**For the Lord Himself will descend from heaven with a shout**, with the voice of an archangel, and with the trumpet of God. And the dead in Christ will first. Then we who are alive and remain shall be caught up together with them in the clouds to meet the Lord in the air. And thus, we shall always be with the Lord. Therefore comfort one another with these words.” **(1 Thessalonians 4:16-18)**  **Prayer:**  Dear Heavenly Father, thank You for salvation, forgiving my sins, and for abundant life that can be mine through faith in Jesus Christ. LORD, thank You for Your indescribable love and suffering on Calvary cross for my sanctification, justification, glorification. LORD, please guide me each day according to Your will, and help me to share the gospel news about Your Plan of Salvation. Give me **courage, wisdom**, and **guidance**, LORD, to the promises that You have provided to all those who trust in You. LORD, please show me Your plan for my life today and forever. In Jesus’ name, I pray. Amen.  By Constance A. Burns, NAAV Volunteer Spiritual Wellness Contributor; email: [**cburns@naavets.org**](mailto:cburns@naavets.org)**.**  **Where Your Support Goes:**  As a reminder of why NAAV does what we do… Because of you, a dollar ($1.00) can go a long way, and one prime example is the support, through your generosity, NAAV is able to provide to other charitable organizations such as the Central Union Mission:    *"Thank you for your recent generous gift in support of the work at Central Union Mission! Your partnership is making a difference in the lives of veterans struggling to survive. We are grateful for your kindness. It is needed now, more than ever before. God bless you!"*  **-- Joseph Mettimano, President and CEO, Central Union Mission, Washington, DC**   |  |  |  | | --- | --- | --- | |  |  |  |   In closing:  Looking Through the Looking-Glass ~ A reflection of how we ‘think’ we appear  Where did the term “looking through a looking glass” originate? What does it mean to you? What does one see on the other side? Is it real or an illusion?  According to information in review, the term *“looking-glass”* was first introduced by Charles Horton Cooley, an American Sociologist in 1902, and established within his work [Human Nature and the Social Order], which is distinguished as **“our reflection of how we ‘think’ we appear to others.[[2]](#endnote-1)**”  If I think, then so I am, or…Maybe[[3]](#footnote-2).  This is sort of like the Johari Window, when there are four categories of who or how we perceive we are as oppose to how others might see us… The Johari theory states there are four areas identity: (1) Open area; (2) Blind area; (3) Hidden area, and (Unknown area. These represent areas of “self-disclosure and feedback[[4]](#endnote-2)” or the lack thereof.  In today’s world, social media has most so paranoid that just taking a walk outside can become an uncomfortable chore. We check our phones, Facebook, and Instagram sites for confirmation that “we’re doing okay… or not.” Why the gauge, why the self-doubt, why the insecurity or sense that one must be perfect before they are accepted? According to the Word of God, we are all i.e., all God’s Children “are created in His image. (Genesis 1:27 KJV)” His image, God the Father, God the Son, and God the Holy Spirit is special, unique, “fearfully and wonderfully made” (Psalm 139:14 KJV) We look to social media post and YouTube productions to evaluate and validate our everyday lives. At any moment, we can portrayed as someone or something different, and then we’re lost.  This year, 2023, let us “Be still and know” (Psalm 46:10 KJV) that we are whole. And, if you are not convinced that you are whole, just know that you have a hope and hope does not disappoint. Many of today’s American Veterans are out on the street or living their lives subpar to the sacrifices they made for their family, for your family, and this country. When we look through the proverbial looking glass, let us see beyond ourselves and instead into the lives of our American Veterans and their family members who, thanks to NAAV and its efforts, see generous, caring, giving souls who ignore the looking-glass of self-characterization into the window of hope, joy, peace, faithfulness, and long suffering” that moves us past disappointments, doubt and shame into the realm of compassion. Who needs social media or Instagram, Facebook, or a YouTube production to measure their worth? As worth is found in commitment, in giving, in hope for tomorrow. May your new 2023 beginning supply all the hope and satisfaction needed to overflow your cup enough that it spills over into life of another… then realize what truly might be seen through the eyes and heart of your *“looking glass.”* Not a sermon, just a thought[[5]](#footnote-3). Sjk. | | | | | | | |
| Thank you and have a blessed New Year start and spring season!  On behalf of NAAV, Inc.  President and CEO  Constance A. Burns  Washington, D.C. | | | |  | | | |

1. [www.Gotquestions.org](http://www.Gotquestions.org) [↑](#footnote-ref-1)
2. 1. <http://en.wikipedia.org> – Looking glass\_self. Pulled 2/25/2023.  [*"Looking-glass self"*](https://dictionary.apa.org/looking-glass-self)*. APA Dictionary of Psychology. Washington, DC:*[*American Psychological Association*](https://en.wikipedia.org/wiki/American_Psychological_Association)*. n.d. Retrieved 2019-03-25.*

   [↑](#endnote-ref-1)
3. Image: <https://en.wikipedia.org/wiki/File:The_looking_glass_self.png> [↑](#footnote-ref-2)
4. <https://www.mindtools.com> – the Johari Window: Building self-awareness and trust [↑](#endnote-ref-2)
5. For more study on Looking-Glass and the concept thereof, refer to: Lisa McIntyre's *The Practical Skeptic: Core Concepts in Sociology;* Shaffer, Leigh S. (January 2005). "From mirror self-recognition to the looking-glass self: exploring the Justification Hypothesis". *Journal of Clinical Psychology* [↑](#footnote-ref-3)