



Volume 04 25 | Issue 4 | National Association of American Veterans (NAAV), Inc.

¹ https://thumbs.dreamstime.com/b/autumn-leaves-covered-frost-snow-beautiful-colors-nature-scene-winter-frozen-foliage-wonderland-fall-beauty-morning-light-348012885.jpg_pulled 12.13.25



Oct. ~ Nov. ~ Dec ~ 2025

NAAV INC., NEWSLETTER 4TH QUARTER REVIEW 2025

The National Association of American Veterans: “Between Two Extremes”

IN THIS ISSUE – BETWEEN THE EXTREMES

NAAV’s Winter Season

Editor’s notes: Welcome to the final issue of this year’s Newsletter. The **National Association of American Veterans (NAAV), Inc. 4th Quarter 2025**. We have features highlighting care for veterans, featured summer testimonies, resources, announcements and financial support services that can assist you and enable us to continue our veteran service mission.

NAAV has been consistent in our pledge to support and honor our American veterans and their family members. Thank you for journeying with us throughout the past four seasons. Your Time, Talent, and Treasures (TT&T) are extremely needed and graciously appreciated. Follow us now to see how NAAV has been able to flow through the seasons depositing help, aid, and surprising gifts to our nations veterans and their family members poured out because of your generosity, the effortless determination and commitment to serve by the CEO and President of NAAV and servant’s heart from the volunteers, supporters and sponsors working in concert to bring love, peace and joy to our veteran community. You are forever embedded in the canvas depicting in the sign of “good will toward man.”

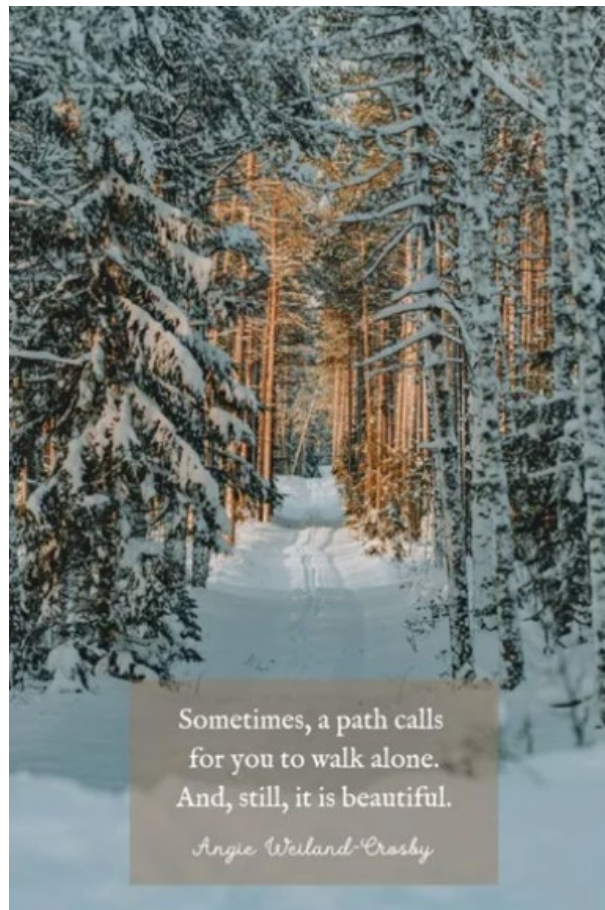
In the book of Philippians 4:13, Paul writes “I can do all things through Christ who strengthens me.” NAAV believes that making it through the extremes of not only winter, but every other situation is possible under the right circumstance.



Editor's Note: Being caught "BETWEEN TWO EXTREMES" one does not always find his/herself in a bad situation – for example, this year NAAV has journeyed through four seasons. In the form of quarters, we have gone or are going through winter, spring, summer, and fall. Each of these seasons or quarters have met with extremes, like the weather adjustments in temperature, length of days, amount of sunlight (or not), from rain, drought, humidity, and yes early signs of snow. NAAV and seasons of 2025 have seen and gone through or rather found us in between the extremes of all types.

Our American Veterans their family members have reminded NAAV of the challenges, successes, and joys of overcoming extremes. No one controls the weather or seasons, but God yet the seasons will rotate in quarters as they should and experience whatever that season has to bring... but for only a short while. Even extremes are subject to change only lasting for so long.

This year NAAV met and answered the call of veterans and/or their family members for unforeseen request bought on by a "season" of change... and guess what, we all got through. By the laws of nature and God's grace we made it. Request were addressed and needs met. So, this coming year lets decide to walk through not knowing what the day will bring but trusting that after this winter comes spring. However, right at the brink of that crossover we'll find ourselves temporarily caught "BETWEEN TWO EXTREMES."



Winter Quote: <https://momsoulsoothers.com/wp-content/uploads/17-sometimes-a-path-calls.jpg> pulled: 12.22.2025.



This Christmas -- Giving with Purpose:

NAAV is a proud recipient of the **Combined Campaign Fund (CFC)**. Established in 2005 and incorporated in 2006, NAAV endeavors to provide support for our nation's service men and women, disabled veterans, their caregivers, and family members most in need nationwide.

For many veterans, their caregivers, and family members sharing life with family members and friends is a treat. But for most military families in need, it can be a challenging time with choices to make. With the rising cost of food, thousands of veterans will find it especially difficult to afford food for hospitality. Instead of preparing for holiday gatherings, most veterans and their family members are seeking emergency assistance from public charity organizations like the NAAV to assist with food, rental, mortgage, utility, and homelessness nationwide.

With your continued support, we are planning to help many military families have meals over the holidays this year. I know that providing assistance to thousands this year with holiday meals is a lot; however, I believe all things are possible through Jesus Christ our Lord.

Can we count on your donation of \$10, \$15,

\$20, \$25, \$50 or more to give to NAAV that will support of NAAV partners who are preparing meals for those who may go without a holiday meal? Every dollar you give helps provide at least 10 meals for families most in need. Your generous contribution of \$25 helps provide food for 250 meals and a donation of \$50 will help provide food for many more meals for families including the homeless.

Thankfully, our veterans and their families will have joyful holiday meals and receive emergency assistance when they call. Thousands of veterans and their family members can use a little extra help right now. You can lean towards the sun and lend a helping hand by: *****Making a generous gift online at www.naavets.org click on DONATE TODAY or Give via the 2026 Annual CFC NAAV's Number 85065 visit www.GIVECFC.ORG or www.cfcnca.org to donate.**



National Association of
American **Veterans**SM
Serving Our Nation's Service Members and Veterans
with Honor and Respect



Make a Hero's Day Brighter, Donate Today

***It all helps. Thank you!**



National Association of
American **Veterans**
Serving Our Nation's Service Members and Veterans
with Honor and Respect



Advice from Mr. & Mrs. Winter Season

Here is a bit of wisdom shared with you that we all could learn to accept: *"What good is the warmth of summer, without the cold of winter to give it sweetness."* *"Let us love winter, for it is the spring of genius."* *"The color of springtime is in the flowers; the color of winter is in the imagination."* *"One kind word can warm three winter months."* Taken from Xavier University – a combined effort by the Authors (<https://www.xavier.edu> > Jesuit resource > quote-archive1)¹

Winter, cold, freezing, snow and ice shouldn't automatically spark negative feelings. Instead, it's all about perspective, i.e., how we receive and perceive a matter will inherit the effect experienced. Take these few quotes or parables a warm cup of soup this Season.

A Blanket of Winter Parables to Warm Your Soul and Soup Bowl

"I believe in process. I believe in four seasons. I believe that winter's tough, but spring's coming. I believe that there's a growing season. And I think that you realize that in life, you grow. You get better."

- **Steve Southerland**

"There is a privacy about it which no other season gives you... In spring, summer and fall people sort of have an open season on each other; only in the winter, in the country, can you have longer, quiet stretches when you can savor belonging to yourself."

- **Ruth Stout**

"He who marvels at the beauty of the world in summer will find equal cause for wonder and admiration in winter... In winter the stars seem to have rekindled their fires, the moon achieves a

fuller triumph, and the heavens wear a look of a more exalted simplicity."

- **John Burroughs**

"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home."

- **Edith Sitwell**

"Spring, summer, and fall fill us with hope; winter alone reminds us of the human condition."

- **Mignon McLaughlin**

"No winter lasts forever; no spring skips its turn."

- **Hal Borland**

"If Winter comes, can Spring be far behind?"

- **Percy Bysshe Shelley**

"...can spring be far behind?" How ironic—Herein is where we find ourselves **"between two extremes."**

¹ Many authors used to combine this brilliant quote – beginning with: - *"John Steinbeck, "Travels with Charley: In Search of America"; - Pietro Aretino; - Terri Guillemets; - A Japanese Proverb; - William Blake," respectively.*



In this 4th Quarter, NAAV is happy to share resources, news, events, testimonies, spiritual encouragement, and advertisements that we hope will be of interest and set you on a solid path where you will find peace, comfort, and joy! Happy Holidays

and a most blessed New Year!



Veteran News and Resources

➤ Veterans Benefits for Financial Security and Retirement



Despite their service to our country, veterans often struggle to find financial security or stability upon their return to civilian life. Whether a veteran was enlisted for a few years or for their entire career, adjusting to life after service and learning how to successfully manage money as well as navigate debt can be challenging. Unfortunately, there is a very wide range of challenges veterans may face. These challenges can result in financial mismanagement, both during service and immediately following that can cost veterans. Paying off debt, fighting the effects of fraud, and trying to build up some savings can take many years, leaving veterans insufficiently prepared for and therefore vulnerable when they retire. A lot of the resources here are geared towards helping veterans minimize debt and maximize savings so that they are well-positioned for retirement.

While the exact services offered frequently evolve, the good news is that there are options for veterans and their families to find support. But assumptions about what services are available may be mistaken. Reaching out the groups listed below could uncover additional resources offered by these organizations, or by ones they recommend.

While this piece does not aim to provide any financial advice, it does aspire to share resources to connect veterans and their loved ones with professionals who can provide assistance or further information. It also might help introduce the names of some programs and services to guide further inquiry. Click the link here at <https://youtu.be/M32PppfQNHA> or visit [NAAV.org/resources](https://www.naav.org/resources) for more information and resources.

*Financial literacy is an important tool designed to help military members prepare for the day they reintegrate into society. With so many financial problems that plagued military personnel over the years, the programs provided by the government through laws like 10 USC 992 have given relief to veterans. Learning how to manage your debt, you can take some advice from reputable debt settlement companies, create a budget, and find a job and skills that should help you establish your finances once you leave the military.

➤ News and Veteran Resources



○ Common Obstacles Faced by Veterans:

As touched upon earlier, veterans may face a number of unique challenges upon retirement from duty. Adjusting back to life as a civilian can be difficult. Their experiences in the military, combined with the potentially limited civilian education and “conventional” work experience they have, may result in a competitive disadvantage when trying to apply to a job, get back in school, or just settle down into a regular routine—all of which impact their financial stability.

- Frequent moves
- Managing finances overseas
- Fixed career paths
- Civilian job market works differently
- Rollbacks of government programs
- Physical and mental health issues
- Financial fraud
- Poverty and homelessness

For more information and details regarding this resource and topic, please visit NAAV website under “Veteran Resources” or click on this link:

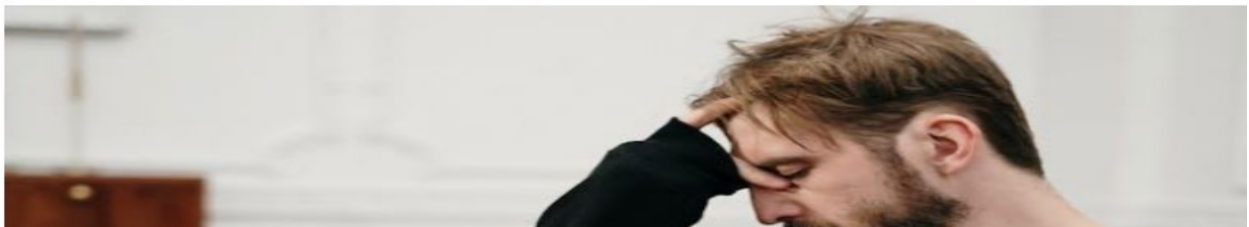
<https://www.birchgold.com/blog/retirement/retirement-and-financial-security-for-veterans/>

○ From Silence to Support: Encouraging Conversations on Addiction Recovery

Recovery often begins in silence. Someone sits in a room and carries thoughts they never say aloud. Shame can press down like a heavy coat. Doubt whispers that nobody will understand. The longer those feelings stay hidden, the harder it becomes to [boost wellbeing](#) and reach out.

Yet silence isn’t safety, it’s a cage. Speaking even a few words can open a crack of light. A simple conversation—one that listens more than it judges—can change the course of a day. That is why honest conversations on addiction recovery carry such weight. They are not just exchanges of words but lifelines to connection and hope.

Talking About Recovery Out Loud



For more information on this discussion and topic, please visit NAAV website under a Source for Women or click on this link: <https://www.naavets.org/from-silence-to-support-encouraging-conversations-on-addiction-recovery/> (posted Oct. 22, 2025).



- **Advice for Seniors:**

For many senior veterans, good health isn't about slowing down, it's about moving with intention. The same habits that built resilience in service can now sustain vitality in daily life. By blending movement, connection, and curiosity, it's possible to keep the mind sharp and the spirit steady well into the next chapter.

Key Takeaways

Healthy living for senior veterans comes down to steady motion, nourishing meals, meaningful relationships, and lifelong learning. Small, consistent actions bring lasting rewards.

How to Keep a Routine That Works for You

1. **Move first thing.** Light stretching or a walk each morning sets the tone.
2. **Eat for fuel, not filler.** Follow balanced meal visuals from [MyPlate for Older Adults](#).
3. **Plan one purposeful task daily.** It might be calling a friend, tending the yard, or helping a neighbor.
4. **Feed your curiosity.** Explore free lessons or workshops through [AARP's Learning Center](#).
5. **Unwind your way.** Journaling, prayer, or quiet reflection can make evenings more restful.

*For more information and details regarding this topic, please visit NAAV Website under "A Source for Women" or click on this link: <https://www.naavets.org/the-steady-march-living-fully-and-staying-strong-as-a-senior-veteran/> (posted Nov. 10, 2025)

- **...More Veteran Resources:**

BRAIN INJURY ASSOCIATION OF AMERICA

NATIONAL HEADQUARTERS: 1608 Spring Hill Road, Suite 110, Vienna, VA 22182
PHONE NUMBER: 1(800) 444-6443 or (703) 761-0750
WEBSITE ADDRESS: www.biausa.org

BRAIN INJURY RESOURCE CENTER

NATIONAL HEADQUARTERS: P.O. Box 84151, Seattle, WA 98124-5451
PHONE NUMBER: (206) 621-8558
WEBSITE ADDRESS: www.headinjury.com

CATHOLIC WAR VETERANS, USA, INC.

NATIONAL HEADQUARTERS: 441 North Lee Street, Alexandria, VA 22314
PHONE NUMBER: (703) 549-3622 or (703) 684-5196
WEBSITE ADDRESS: www.cwv.org

DEFENSE AND VETERANS BRAIN INJURY CENTER

NATIONAL HEADQUARTERS: 7700 Arlington Blvd, Suite 5101, Falls Church, VA 22041
PHONE NUMBER: 1 (800) 870-9244
WEBSITE ADDRESS: dvbic.dcoe.mil

USO (Retired or Medically Retired)

NATIONAL HEADQUARTERS: PO Box 96860 Washington, DC 20077-7677
PHONE NUMBER: 1(888) 484-3876
WEBSITE ADDRESS: www.uso.org

VET CENTER PROGRAMS

VET CENTER CALL CENTER: (877) 927-8387
WEBSITE ADDRESS: www.vetcenter.va.gov

VETS 4 VETERANS

WEBSITE ADDRESS: www.vets4veterans.org

VETERANS FAMILIES UNITED FOUNDATION

NATIONAL HEADQUARTERS: P.O. Box 14355, Oklahoma City, OK 73113
PHONE NUMBER: (405) 535 -1925
WEBSITE ADDRESS: www.veteransfamiliesunited.org

Websites: www.nationalresourcedirectory.gov
www.nationalresourcedirectory.org
www.needhelppayingbills.com



➤ Spiritual Wellness and Meditation: **FINISH STRONG** -

The **National Association of American Veterans, Inc. (NAAV)** is blessed to be able to provide Spiritual Wellness messages, Scripture Readings, and Moments of Meditation to those who serve and are serving our nation far from their home. You and your family members and caregivers are not forgotten. Always know that our LORD God knows the challenges, dangers, and difficulties you face every day. God's Word offers you encouragement, hope, comfort, protection, peace, healing and much more. Please know that we are praying for you that God's Word will be your daily guide and throughout your journey on earth.

*Jude 1, King James Version (KJV)

²⁴ **Now unto him that is able to keep you from falling, and to present you faultless before the presence of his glory with exceeding joy,**

²⁵ To the only wise God our Savoir, **be glory and majesty, dominion and power, both now and ever. Amen.**

Ephesians 3:17-21, KJV

¹⁷ That Christ may dwell in your hearts by faith; that ye, being rooted and grounded in love,

¹⁸ May be able to comprehend with all saints what is the breadth, and length, and depth, and height;

¹⁹ And to know the love of Christ, which passeth knowledge, that ye might be filled with **all the fullness of God.**

²⁰ **Now unto him that is able** to do exceeding abundantly above all that we ask or think, according to the power that worketh in us,

²¹ **Unto him be glory** in the church by Christ Jesus throughout all ages, world without end. Amen

Believers fall into two categories, as we take time to reflect on the scriptures concerning the promises of God and what He has stated He will do in our lives.

Either God has blessed us so much this year that you think He has completed His blessings for your life. Or you are wondering, Lord, when are you going to bless me? When are you going to fix this situation in my life?

Today's meditation moment will serve two purposes:

1. Clarification of who you are in Him and the destiny He has for your life.
2. Reminder as to whom God is in your life.

I need you to get the most impossible thing in your mind, it could be forgiving someone, advancement in your career, finishing your education, you may want to get married—whatever seems so impossible to you, your uncontrollable emotions, your continued setbacks—turn it over to God because He is able.



Now in Jude 24 refers to this present time, meaning while we are feeling like this is not going to work out, while we are feeling like this is over, God is saying, give it over to Me now, and watch my power work this situation out for you, watch my glory and how it will be revealed in your life. Watch my power overtake you and set you up for success. Watch me use you for the Glory. . . . Now . . .

Now unto Him who is Able, meaning is as follows—having the power, skill, money, and so forth, that is needed to do something, not prevented from doing something: having the freedom or opportunity to do something, having the wisdom to achieve something.

We are putting limits on God in our minds and in our hearts, and God is requiring us to take the limits off Him.

1. Don't rest on what God HAS DONE for you this far—I have not finished opening the doors for you.
2. There is more In store.

Some of you may be sitting here right now wondering, when is it going to be my turn, Lord—I dare you to let it go and Let God handle it. As soon as you do, I promise you He is going to fix it for you . . .

The question you need to ask yourself, “Am I really ready to experience the **glory and majesty in Jude 25** . . .

If you are then this scripture is for you . . .

1 Peter 5:10, King James Version (KJV)

¹⁰ But the God of all grace, who hath called us unto his eternal glory by Christ Jesus, after that ye have suffered a while, **make you perfect, stablish, strengthen, settle you.**

No one can restore you like God can, No one can establish you like God can,

No one can strengthen you like God can, No one can support you like God can.

If you are a fitness person, a runner, a basketball player, any type of athlete, you know the best part of your workout is not in the beginning, but when you are nearing the end of your workout. Today I want you to understand how important it is for you to trust God and allow Him to **Finish Strong** in your life.

By

Reverend Dr, Byron J. Williams, U.S. Air Force (Retired), NAAV Spiritual Wellness Advisor & Moments of Meditation Counselor; email: info@naavets.org.

Central Union Mission

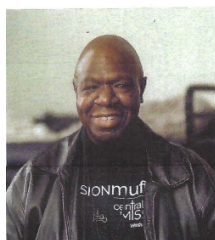
Central Union Mission: A longtime partner

Central Union Mission in DC Metro Area. NAAV has been a supporter for over seven years on behalf of homeless veterans.



and their family members. See attached link:

<https://mail.google.com/mail/u/0?ui=2&ik=efe679a56d&attid=0.1&permmsgid=msg-f:1810455873251809697&th=1920080646b199a1&view=att&di=sp=inline>



Are you a US Military Veteran? Are you a family member or friend trying to help a service member? Are you able to

make a tax-deductible contribution to help NAAV continue this important work?

To learn more, please visit www.naavets.org.

To donate, please visit www.naavets.org/donate-with-amazon-smile/
Email: info@naavets.org
Phone: (202) 465-3296

Please encourage your family and friends to give a monthly or yearly donation to NAAV, Inc. in support of those who served and are serving in the U.S. Armed Forces worldwide most in need. **GIVE HAPPY TODAY NAAV CFC #85065** visit www.GIVECFC.org to donate today. Also, visit www.naavets.org click on **Donate Today** on NAAV website to support NAAV End-of-Year Fundraising Campaign. It all helps. Thank you.



Social Media & Resources²: Another way to reach NAAV

² Please note, NAAV does not endorse all resources provided herein; however, we are sharing as potential interest for your determination and value.



As a reminder to yourself and to share with your friends: Hello all you social media, Instagram, Facebook, and Twitter enthusiast! Spread the word NAAV's Founder, President, and CEO also has a presence in many of those outlets.



NAAVets, a 501(c) (3) nonprofit organization, assisting veterans and their dependents accessing benefits.



naavets.org

Featured Testimonial: Caught Between Two Extremes ~

- **Winter 2025** - NAAV, Inc. provided emergency rental assistance to prevent an eviction in December 2025:

Dear Ms. Burns,

"I want to express my deepest appreciation for everything you have done for my children and me. You have gone above and beyond for us, even with the challenges of limited government funding. Your consistent support—checking in, advocating on my behalf, and ensuring that my family's needs were not overlooked—has meant more than I can ever put into words.

During a time when I was accepted late into the nursing program, recovering from an accident, and facing financial hardship due to tight deadlines, you stepped in without hesitation. You connected me with resources, offered personal support, and even contributed from your own pocket to help ensure that my children and I could keep a roof over our heads. Your prayers and encouragement carried us through one of the hardest seasons we've faced.

It truly does take a village, and I am profoundly grateful that you



chose to be part of ours. At a time when so many places that are supposed to help had run out of resources, God made a way through you. I am beyond thankful for your kindness, your compassion, and your unwavering belief in us.



From the bottom of my heart, thank you for helping us in our time of need.” With sincere gratitude,
- **Brittany Moss**

➤ **NAAV Maintains the Numbers – Your donations count!**

➤ **NAAV Incoming Numbers for 4th Quarter 2025 ~**

- ✚ In October 2025, NAAV, Inc. provided emergency financial assistance to over four (4) disabled veterans in Georgia, Vermont, California, Nevada, and Texas facing eviction and foreclosure.
- ✚ During this 4th quarter NAAV, Inc. received hundreds of calls for utilities, food, transportation, VA claims and benefits, mental health issues to name a few with the Government Shutdown in October 2025 and the effects of COVID-19 pandemic worldwide.

Thank you for joining in this season of celebration of love, joy, and the belief of peace on earth:

~PEACE

“For unto us a Child is born, unto to us a Son is given; and the government will be upon His shoulder. And His name will be called Wonderful, Counselor, Mighty God, Everlasting Father, Prince of Peace.”
(Isaiah 9:6)



In closing, we hope you find the stories, features/resources/announcements, and affirming testimonies in NAAV’s 4th Quarter Newsletter encouraging during these challenging and troubled times we live in. Nothing like a little warm up session to prepare for 2026. Thank you for taking the trip of faith with NAAV during 2025 by providing your support, time, and prayers while life kept moving. We not only appreciate but also recognize all you do for this organization and the



many veterans and family members whose lives you so kindly touch. Please continue in your efforts, by all means, and through every extreme ~ We'll keep the flames burning this winter season into the new year!

Extremely grateful!

Warmest regards,

Constance A. Burns
Founder, President, and CEO
Veterans Service Officer/Veterans Advocate
Chair, Board of Directors
NAAV, Inc.
Washington, DC

***Because of YOU – The NAAV has helped THOUSANDS of Veterans for the past 22 years... Join with us today. ❤️**



⚡ **Support the Combined Federal Campaign (CFC) by designating your gift to #85065 at www.GIVECFC.org. Or, for more information about volunteering, please contact the NAAV Coordinator of Volunteers in determining whether your volunteer goals and objectives are compatible with those of the organization at (202) 465-3296, option 5.**