

# NATIONAL ASSOCIATION OF AMERICAN VETERANS

January > February > March 2026

## 1st Quarter “Winter/Spring” Newsletter

The National Association of American Veterans (NAAV) Inc., Greetings to you this New Year 2026.

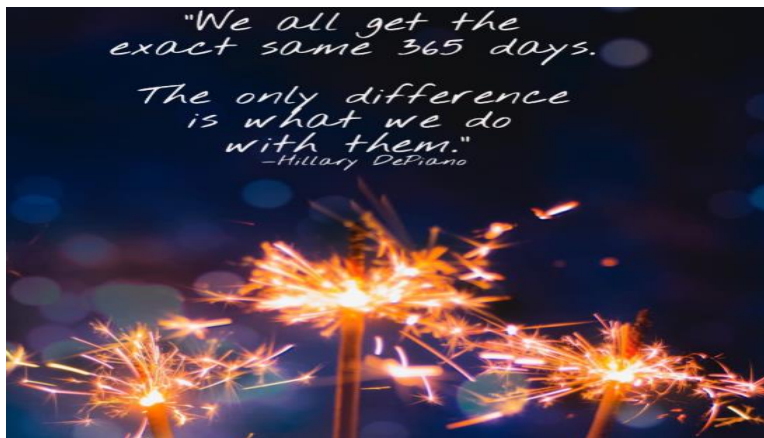


We are being intentional about everything we do. Realizing winter has past, let us march head first into spring.

<https://media.istockphoto.com/id/1161472701/photo/snowflakes-on-an-abstract-shiny-light->

### What's new:

- *Veteran's News*
- *Veteran Resources*
- *NAAV by the numbers*
- *Intentionality – Why It Matters*



<https://parade.com/948122/marynliles/best-new-years-quotes/>

Hello to the new year and fresh start. Winter, with its cold sterilizing weather, freezes up what the past season left behind. While spring, with its warming element of the sun rays, help thaw thing out and with the rain, wash away the residue.

Our seasons are intentional about the work they perform, and so is NAAV's service to our Veterans.

Let us jump into the latest happenings by spreading the latest news:

1 -NAAV Inc., Winter's Spring 2026

## VOLUME I



### Raise Your Palm – “Hosannah in the Highest”

From the celebration of Jesus Christ' birth in December, “For unto us a child is born, unto us a son is given” {Isaiah 9:6; KJV}, to palm branches waving as Jesus rides into Jerusalem on a donkey, we enter into a new phase of life, time, space, and matter. {Luke 19:29-38}

### Death and Resurrection:

This volume we want to highlight the death and resurrection of that same child, who was delivered “unto us” as we recognize Palm Sunday also known as the Passover, leading to the true celebration of Easter and the cross.

Jesus teaches us all how to submit our will to another... one's willingness to sacrifice his life for the sake of others... As Jesus “set His face towards Jerusalem that day, He chose to ride into death. Let this Easter season remind you of “intentional love.” {John 15:13}

## VETERAN NEWS~

**VETERAN NEWS**

AT A GLANCE: BIBLE STUDY EVERY WEDNESDAY NIGHT AT 7:00PM AND LIVE STREAM SUNDAY MORNING SERVICE:

Conference Call Number is: (301) 715-8592, Meeting ID: 835-6481-0690#,  
Pass Code: 582615#

Prayer Line every Wednesday at 11:30 a.m. EST Conference Call  
Number is:  
(301) 715-8592, Meeting ID 861 1587 3795#, Pass Cord: 841430#

Pastor Dr. Byron J. Williams, New Beginning Ministries, Clinton, MD  
Prayer Line every Tuesday morning at 7 a.m. EST  
Conference Call Number is (267) 807-9495, Meeting ID: 733 102 639#  
Access Code: 733 102 639

Pastor Williams Telephone Number is (202) 415-3742, email:  
[bwilliams7100@gmail.com](mailto:bwilliams7100@gmail.com).

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## VETERAN RESOURCES ~

Stars shine brightly for you:

NAAV posts a variety of resources on our website from financial, to housing, legal counsel, mental health outreach services to job opportunities. Here are a few resources posted this past quarter. Don't miss out! Be intentional and take a look:



\*Helpful:



\*Resourceful:

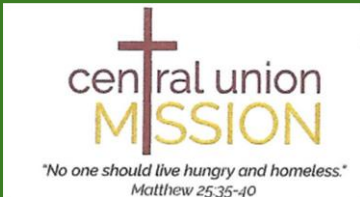


\*Available:

For more details and information go to the NAAV website and scan for more resources and opportunities that may be of interest to you or that could be shared with someone you know. We are here to help.

DEAR NAAV,


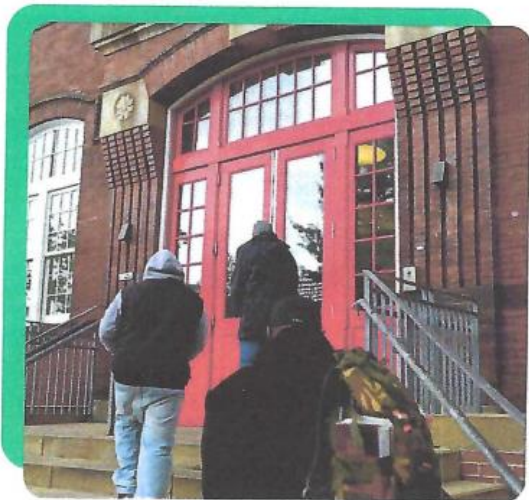
Time for a testimony:



*"No one should live hungry and homeless."  
Matthew 25:35-40*

> **Central Union Mission is Marching on:**

*"Easter doesn't just change eternity ... it changes today. Easter reminds us that resurrection is not only a future promise, but it is a living power at work today. Through Christ, God welcomes us into new life, opening doors where hope once felt closed. What seems lost is never beyond restoration. Because of your support, Central Union Mission can extend that same welcome by opening doors to shelter, dignity, and new beginnings for our neighbors in need. Thank you for helping make Christ's love visible this Easter." – With gratitude, Joe Mettimano, President and CEO, Central Union Mission, Washington, DC*

*Therefore welcome  
one another  
as Christ has welcomed you,  
for the glory of God.*

**Romans 15:7**



**A RESOURCE FOR WOMEN ~**

## **Early Warning Signs Of Relapse Every Veteran Should Recognize**

Recovery can feel steady for a while, and then you start noticing warning signs of relapse. You [sleep worse](#). You stop replying to people. You tell yourself it's fine. However, relapse usually does not begin with a drink or a pill. It often starts earlier, in your mood, your thinking, and your routine. For veterans, those shifts can hide behind pride, grit, and the habit of pushing through. Still, strength in recovery can mean saying, "I'm not okay today," before things spiral. Below are warning signs you can catch early, plus practical ways to respond.

Please click this link to learn more: <https://www.naavets.org/early-warning-signs-of-relapse-every-veteran-should-recognize/>

Posted in [A Source for Women Veterans](#), [Military Family](#), [Organization News](#), [Resources](#), [Veteran News](#), [What's New](#)



... Being "intentional" about NAAV's cause and mission: The **National Association of American Veterans, Inc. (NAAV)** was established in 2005 and incorporated in 2006 to provide programs and services for those who served and are serving in the U.S. Armed Forces worldwide most in need of emergency assistance with transportation.

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#### ***NAAV by the numbers:***

*NAAV stays on top of the calls coming in daily from veterans and their family members not only within our nation's capital, but also from around the nation. Your generous monthly financial support is most needed to continue NAAV Community Outreach to those who served and are serving in the U.S. Armed Forces with emergency assistance and words of encouragement 24/7. To donate, please visit [www.naavets.org](http://www.naavets.org).*

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- **Over 2,000 calls and emails for emergency assistance right out the gate during the first quarter of 2026. \*On any given day, there is a veteran in need and NAAV's service window wants to remain open.**

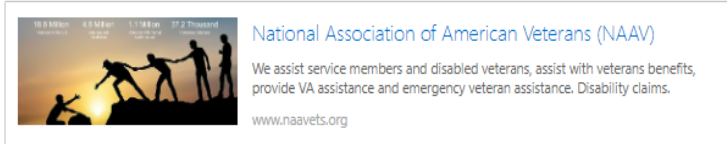
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*NAAV's CFC number is 85065, "Caring About Those Who Served." Thank you in advance for your continued support and professional assistance.*

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*... We can't say thank you enough!*

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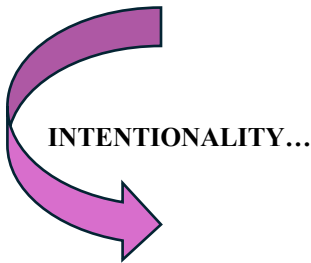


## INTENTIONALITY: Why it Matters -

“To be or not to be” INTENTIONAL :



*\*<https://discipleship.org/wp-content/uploads/2023/10/intentional6.jpg>*



INTENTIONALITY...

What is intentional:

- “Intentional means done on purpose, deliberate, or planned rather than accidental. It implies a conscious, premeditated action or decision, often used in legal contexts to denote willful conduct and in psychology to describe goal-oriented actions. Key synonyms include deliberate, calculated, and intended, while antonyms include accidental, involuntary, and unintentional.” (Merriam-Webster ©)

Taken from 2024 posting in Psychology Today – Henry Cohen “Be the sun – not the salt” *Self Help* –

### LIVING INTENTIONALLY AND ITS IMPACT “*The importance of setting your intentions*”

Sometimes, we find ourselves at a crossroads where we must decide how we respond to a situation. Those decisions often fall into one of two categories. The first is when we focus on “Doing All the Good We Can” for ourselves and others. This could look like offering to get someone a cup of coffee or holding the door for them as they walk in. This could also be as simple as allowing ourselves the time to exercise, prepare a healthy meal, or read a book to reverse the direction.

The second category is when we focus on a false sense of serving ourselves. Think of these decisions as ones that feel good at the moment but leave you feeling worse after the day is through. For example, when someone says something that hurts us, our first instinct typically is to lash out. Subconsciously, our mind convinces us that “they deserve this,” but when the dust settles, neither person feels better for it. If you feel you can relate, you are not alone!

The Unseen Benefits of Living Intentionally

The science behind setting intentions reveals it as a powerful tool for shaping our emotional experiences. A 2018 study by Allison M. Sweeney and Antonio Freitas found that a strong interaction exists between our daily intentions and actual performances. What they found is that when we set clear, achievable intentions—such as committing to a few good deeds per day—we engage in a form of [motivated reasoning](#) that can heighten the sense of satisfaction we receive when we exceed those [goals](#). This phenomenon underscores the importance of setting intentions not just as a directional compass but as a crucial practice for our emotional well-being. By making the choice to align our daily actions with our intentions, we not only live life with purpose but also foster a deeper sense of achievement and [happiness](#)

So, what happens if we do not set our intentions? Many of us have experienced the feeling of drifting through the day in a fog. Those days may feel like they lack significance, which is why setting our intentions is so important. Our intentions give us an invaluable sense of purpose and control. Research by Mark Conner and Peter Norman (2022) supports this notion, showing that setting specific intentions about when, where, and how to pursue our goals significantly improves the chances of achieving them.

### **Setting Intentions for a Happier and Healthier Life**

Compelling research conducted by Eric S. Kim and colleagues in 2021 shed new light on the impact that living intentionally can have on our overall health and well-being. The study revealed

that individuals who have a clear sense of purpose not only live longer but also experience better sleep, more happiness, and less feelings of [loneliness](#). We can think of our intention as a "micro purpose," which acts as an immediate, attainable goal that enriches our days with meaning. It's these little goals that make a big difference in our lives, bringing with them a steady flow of joy. By practicing setting intentions, we do more than just steer our lives with a clear sense of purpose and satisfaction. We also boost our physical, mental, and social health. It's all about the amazing rewards that come from living intentionally.

### **The Impact of Setting Intentions That Benefit Others**

Kumar and Epley's 2023 study, published in the Journal of Experimental Psychology: General, shows that when we do something kind, like handing out hot chocolate in a park or giving a small gift, it makes a bigger splash than we think. Turns out, people at the receiving end of these random acts of kindness feel happier than the givers expect.

\*Article posted: May 20, 2024 / -reviewed by Monica Vilhauer Ph.D.; <https://www.psychologytoday.com/us/blog/be-the-sun-not-the-salt/202405/living-intentionally-and-its-impact>

Now that you have perspective on being intentional or intentionality, we truly hope you can apply it to your life, if you haven't already, and understand "why it matters."

As God said in **Genesis 1:28** "...Be fruitful and multiple."



### *Testimonial* **Highlight:**

 A Testimony of Love: "Thanks for being who you are and doing what you do!"

*"Thank You, Constance Burns, Founder, President and CEO, NAAV, Inc. for sharing God's love, not only with your words but also with your life. In today's world, that's not always easy to do - but that is what makes you different, and the reason you make a difference too." Thank you for your gift to me this year. "God has given each of you some special abilities; be sure to use them to help each other, passing on to others God's many kinds of blessings. (1*

*Peter 4:10 TLB) Thanks for being who you are and doing what you do - you are appreciated more that you know." - Sister Denise, COJC, Washington, DC*

.... A gentle reminder: Central Union Mission



**Living and giving made simple**

When schedules fall out of balance and clutter fills your life, here are five ways you can practice living lighter:

- 1. FULLY SURRENDER.** Quieting your life to hear God's voice helps you make wise decisions.
- 2. STREAMLINE SCHEDULES.** Every time you say "yes" to something, you're saying "no" to something else. This clarifies what (and who) deserves the gift of your time.
- 3. SPEND WISELY.** Change how you view your finances and give out of what God has given you.

**Every \$3.21 provides TWO meals!**  
**DOUBLE your impact and make a local difference this Christmas season**



Thank you for allowing us to shine the light on previews to come for the remainder of 2025. We trust the glistening shimmers of light, and hope stir your will to pray, support, and give to those who have given so much. Join NAAV's mission on behalf of veterans and their family members as we move along this in this new year—"intentionally" season after season. **Special Thanks to Sherri Jones-Kleiner**, NAAV Board Member, Senior Advisor and Director for Social Media, Publications, Fundraising, Editor for NAAV Quarterly Testimonials and Newsletter, and Veterans Advocacy for her continued support and professional assistance.

kindest regards,

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