

Cross Talk

Why do you donate to the Combined Federal Campaign?

Capt. Sean Donohue

Marine Corps Systems Command
Hometown: Park Ridge, Ill.

"There are lots of good causes. My stepmother has multiple sclerosis, so I usually pick out charities that help out my family."



Sgt. Everton Hart

Headquarters & Service Battalion
Hometown: Bronx, N.Y.

"Because I know what it feels like to need something."



Staff Sgt. Cesarina Hernandez

Headquarters & Service Battalion
Hometown: Miami

"It's a cycle. You do something nice for a person and it comes back to you. And you never know when you might need help."



Capt. Stephen Jackson

Marine Corps Systems Command
Hometown: Fairfax, Va.

"It provides an opportunity for government personnel to contribute to organizations with a minimum amount of impact from their day-to-day work, which makes it relatively painless."



Sgt. Alfred Seley

Headquarters & Service Battalion
Hometown: Minneapolis

"It makes me feel good. Being a Marine, whose purpose is to serve, it's just another way to serve."



The Sentry wants to hear from you. If you have a suggested question for the Cross Talk or want to submit a letter to the editor, e-mail them to Sentry.Quantico@usmc.mil.

COMMENTARY

I can change my world

Kathleen Smith

Combined Federal Campaign Coordinator

The Potomac Combined Federal Campaign raises funds that help charities provide health and human services to folks within our local community as well as people across our nation and around the world. Military and federal personnel are generous and consistent donors even during tough economic times.

Our Potomac region does not have a lot of industry that can support non-profit activity but there is still a lot of need. The Potomac CFC is an important fundraising tool that allows residents to get the help they need. In fact, almost all of us are touched by a CFC agency in some way during the year, whether we know it or not. Agencies include the Fredericksburg Area Food Bank, Angel Flights of Virginia and Maryland, local councils of the Boy Scouts of America and hundreds of others.

Around the globe, approximately \$300 million is raised annually to help these charities fulfill their missions of making this a better world. Locally, about \$1 million helps change lives in our community.

It is really quite an honor for me to be part of this system. It feels good to go to work each day.

We recently held the fundraising season's kick-

off event here at Quantico featuring 70 different charities in one place. The event gave potential donors the opportunity to explore the services available in part through the generosity of the people who live and work at Quantico.

There are added benefits to having that many non-profit agencies together at one time. Networking among the agencies sometimes builds alliances that lead to the whole being greater than the sum of its parts. When agencies share what they know about available community resources and services, occasionally partnerships may be formed that allow increased grant funding, additional services or resource sharing.

I'm always excited about this time of year as we watch contributions to the CFC grow and I know that so many people are playing a small but highly significant part to make a difference in someone's life.

And working with the military at Dahlgren, Fort AP Hill and Quantico, I see people excited about changing the world over and over. The volunteer spirit is alive and well in our base communities and, frankly, I am truly amazed at the high caliber individuals I get to associate with when representing the CFC.

I truly believe I can change my world. I truly believe you can change your world, too. To help change the world, contact your unit CFC representative or visit www.potomaccfc.org

CHAPLAIN

Live to the fullest

Lt. Richard Townes

MCAF Chaplain

Jesus said, "Assuredly, I say to you, whoever does not receive the kingdom of God as a little child will by no means enter it." (Luke 18:17)

One Sunday I sat in church deeply contemplating the weight of my life's troubles and the condition of the world, both physical and spiritual. My mood was darkening with each passing moment as I was sucked further and further into the abyss of my selfishness and forgetfulness of all God did for me on the cross. That's when I noticed him.

Two pews ahead of me was a chubby little baby boy. He was approximately 9 months old and cute as a button with his cheeks drawn up in a huge smile. He clung to his 10-year-old big brother with all his might, but his eyes were opened wide and sparkled with wonderment. One look at this child showed he trusted all was good and life's possibilities were endless. That's when I realized he got it. He enjoyed life just as it was and his simplicity was beautiful. Now, let there be no doubt about it, he had problems, a poopy diaper is not a pleasant thing and the inability to fully communicate must be frustrating, but you could just tell this little guy was living life to the fullest as he enjoyed each moment God gave.

Then, I began to think about when it was that most of us lose that child like worldview and faith. Perhaps it was during the teen years, so full of angst, or maybe once we entered the military that the pressures mounted, causing us to lay aside our childlike innocence. Or, possibly, the stress of marriage and family life along with the accompanying financial burdens caused us to stop focusing on the most basic values in life. Another reason for this loss could be health or deployment issues they certainly complicate matters. Whatever the cause, it seems that life used to be much easier. As a child, my main personal concern was which baseball bat

to use in Little League, should I grab my own trusted San Diego Padres wooden stick or my friends shiny new 1970 Worth aluminum club? Today, life seems so much more complicated.

However, that little baby in church helped me to put things back into perspective. He was happy to just be alive. This reminded me of Jesus' words, "Whoever does not receive the kingdom of God as a little child will by no means enter it." The child, like faith, is this: Cling to your heavenly Father and stop worrying about every little issue. Look at the world with a vision that first sees Jesus and the same wonderment that filled my little church friend's eyes will fill your own. Trust that the Lord will see you past your burdens and concerns and then begin to experience how simple life can be.

We all have our share of burdens. Don't forget, that baby in church would fill his diapers full and be very uncomfortable, yet his eyes wouldn't dim, they'd still sparkle. Let him serve as your example too. Trust that you can cling to your big brother, Jesus, and know that everything will be alright. In that way, you'll keep your child-like faith and the world will be so much brighter and amazing.

Schedule of Services

All Services are held in the U.S. Marine Memorial Chapel unless otherwise stated. For more information, call the Command Chaplain's Office at 703-784-2131.

ROMAN CATHOLIC

Sunday
9 a.m., 12 p.m. Mass
10:30 a.m. Religious Education
Monday - Friday
11:30 a.m. Mass

PROTESTANT
9 a.m. Sunday School
10:30 a.m. Quantico Community Christian Worship

ISLAMIC
Friday Jumah Noon
Daily Dhuhr 1:15 p.m.

JEWISH

For information call the Fort Belvoir Jewish Chaplain's Office at 703-806-4316 or Quantico's Jewish Lay Leader, retired Lt. Col. Mike Haas, at 540-657-5658.

TBS Worship Schedule

Protestant Service 10 a.m.
Catholic Mass 9 a.m.
O'Bannon Hall
3rd Deck Chapel