

Making a 5-Point Turn

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Have you ever found yourself lost on an unfamiliar country road? There are some country roads where you can easily turn around. If you can't find a crossroad, you make a 3-point turn. Have you ever been on a road where you had to make a 5-point turn?

There are times in our lives where it seems that we are so stuck in our habits, we have no choice but to make a 5-point turn, it's difficult to change direction. Some of us develop habits that are not good for us. If we want to prolong our life, we may need to eat a more balanced meal or start an exercise program. If smoking is a problem, we may need to visit a doctor to get the help we need. Regardless, there are at least five steps we must take to get fully turned around.

From the months of September into mid-May, I'm in a formal Bible study. This year our topic was the Book of Psalms. **Psalm 73** is a psalm that stood out to me. In the psalm, Asaph, the writer, is troubled and bitter by what he sees. He stops (step #1). He thinks about his current situation (step #2) and realizes there is only one outcome if he continues along that same path. Third, he confesses and accepts responsibility for how he's thinking. Fourth, he decides to ask for help, so he asks the Lord for guidance. Finally, in step 5, he recommits himself.

As veterans, we may find ourselves in need. It's wise for us to stop and think about where we are. Because of bad choices, we may want to blame others for our predicament. As our minds begin to clear, we accept responsibility for our decisions, turning around won't be an easy task. We demonstrate wisdom when we ask for help and seek wise counsel. Finally, with the help of our brothers and sisters, we commit to traveling a new path.

There are many ways the VFW can help those who find themselves at a dead end. In each monthly meeting an item on our agenda is Comrades in Distress. "Leave No Man Behind." That is not just a battlefield commitment; we want to help those here at home as well. For families with children, the VFW National Home in Michigan is there to help those who find themselves in deep, deep trouble.

The VFW National Home provides case management services to help families set up new plans and establish goals for the future. They offer educational, recreational, and enrichment opportunities. They offer counseling, free housing and daycare. Not every family needs such devoted and dedicated care. However, VFW veterans are available to help. If you need help, reach out to your local post. They can help direct you to the right resources. If helping others appeals to you, please volunteer. Maybe you can share how you once had to make a 5-point turn. Your own life experience could provide the encouragement someone else needs.