

DEPARTMENT OF THE _____

REPLY TO
ATTENTION OF:

ABCD-CH

07 Sep xxxx

MEMORANDUM THRU

{List individuals that will document}

FOR Chaplain (COL) XXXX,

SUBJECT: Spiritual Fitness Challenge/Retreat – After Action Report for 17 & 31 August
XXXX

1. Purpose. A spiritual fitness challenge was developed based on the seven Army values targeted towards small group instruction for soldiers of _____. This event took place on two separate occasions, 17 & 31 August XXXX.

2. Execution.

a. The spiritual fitness challenge took place at Camp Dixie Retreat Center. The retreat center is located 18 miles south on highway 87. The spiritual fitness challenge started at 0900 and ended at 1500.

b. Six teams were formed headed by a chaplain and assistant. All teams passed through seven stations. Each station represented one of the Army seven values with spiritual and practical applications.

3. Participation. Over **100** soldiers throughout _____ were involved in this two-day event. Twelve members from the _____ UMTs were also involved.

4. Funding. A thirteen hundred-dollar grant from the Corps Chaplain's consolidated fund was given to provide activities for soldier development. Expenditures included meals and the use of the retreat facility

5. Evaluation. Ninety percent of participants filled out an evaluation sheet. Using a Likert scale 1-10: 1 being negative and 10 positive with opened ended questions, and comments. Comments were extremely positive. (see evaluation comments)

6. Recommendations.

a. This is a quality program that targets a small percentage of our soldiers. Groups of 8-12 gives a positive forum for practical instruction. It also allows for building personal relationships and in improving morale. Continue with spiritual fitness challenges.

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XXXX

- b. More resourcing. Chaplain funding is limited especially from non-appropriated funds.
- c. Future programs could include a prominent speaker or different settings for training.
- d. Make sure that coordination for transportation remains with G-4.

Encls.

- 1. MOI
- 2. Events/Script
- 3. Evaluation
- 4. Picture

{Signatre}

Chaplain (LTC) USA
Unit

DEPARTMENT OF THE _____

REPLY TO
ATTENTION OF:

ABCD-CH

12 July XXXX

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Memorandum of Instruction (MOI) for {name of unit} Spiritual Fitness Challenge/Retreat

1. Purpose. To describe the concept for the “Spiritual Fitness Challenge” to be held 17 and 31 August XXXX, and to delegate responsibilities and procedures for its implementation.

2. Concepts.

a. A Spiritual Fitness Challenge will take place 17 and 31 August XXXX from 0900-1600 hours. All activities will occur at Camp Dixie, a retreat center one half hour from {name of installation}.

b. Subordinate units within {name of unit} will sponsor one team made up of eight individuals per battalion/separate battery. Spiritual Fitness teams will pass through seven stations that will represent (with a spiritual focus) one of the “Seven Army Values”. See enclosure 1 for proposed teams.

c. Unit Ministry Teams (UMTs) will be responsible to guide each team through the seven stations. Each UMT will have a packet with a script to include a description of the value and its spiritual focus.

3. Spiritual Fitness Stations: See enclosure 2 for Army Values/Spiritual Principles that coincide with each spiritual fitness station.

a. Station One – Loyalty: Teams will navigate a course set up on Dixie lake. Each team will have four canoes to navigate the course.

b. Station Two – Duty: Teams will be faced with a relay challenge.

c. Station Three – Respect: Teams will go through a series of swimming events.

d. Station Four – Selfless Service: Teams will participate in sports activities.

e. Station Five – Honor: Teams will take a break. Focus will be on the dynamics of what has already happened.

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SUBJECT: Memorandum of Instruction (MOI)—Spiritual Fitness Challenge/Retreat

- f. Station Six – Integrity: Teams will be involved in a game of ultimate frisbee.
- g. Station Seven: Personal Courage: Teams will compete individually on a Go-cart track.

4. Responsibilities.

- a. {Name of Unit}
 - (1) Provide two drivers and two buses for 60 participants.
 - (2) Coordinate for onsite medic (Combat Lifesavers.)
 - (2) Select eight soldiers, E-1 to E-5, per unit battalion/separate battery to form a spiritual fitness team. Soldiers can be married or unmarried. Participation is voluntary
- b. {Name of Unit}:
 - (1) Select four soldiers, E-1 to E-5, per unit to form a spiritual fitness team. Soldiers can be married or unmarried. Participation is voluntary.
 - (2) Coordinate for two Lifeguards.
- c. {Name of Unit}: Select four soldiers, E-1 to E-5, per unit to form a spiritual fitness team. Soldiers can be married or unmarried. Participation is voluntary.
- d. {Name of Unit}:
 - (1) Provide for all awards.
 - (2) Circulate publicity throughout subordinate units and coordinate PAO coverage.
 - (3) Plan, develop concept, organize and execute Spiritual Fitness Station four.
- e. {Name of Unit}
 - (1) Provide overall OIC for the event.
 - (2) Design and build a display board listing all Spiritual Fitness Stations to include diagram of locations.
 - (3) Plan, develop concept, organize and execute Spiritual Fitness Stations one, and three.
 - (4) Control head counts, fund sites for purchase orders, and accountability.

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- f. {Name of Unit UMT}: Plan, develop concept, organize and execute Spiritual Fitness Station two.
 - g. {Name of Unit UMT}: Plan, develop concept, organize and execute Spiritual Fitness Station seven.
 - h. {Name of Unit UMT}: Plan develop concept, organize and execute Spiritual Fitness Station five, and six.
 - i. ALL {Name of Units UMTs}: Primary responsibility for site set-up/tear-down and clean up.
5. Coordinating Instructions.
- a. An IPR for all tasked units/sections is scheduled for 04 August at 1300 hours in the {Name of Unit} conference Room. Tasked units/sections will discuss event plans, execution progress and resource requirements.
 - b. Ensure all Spiritual Fitness Stations are operational NLT 900 on the day of the event.
 - c. Uniform for the day is civilian PT attire. All participants should bring swimming trunks, a towel, and a two-quart canteen.
 - d. A continental breakfast is planned at Chapel prior to departure. Also, a noonday meal is provided at Camp Dixie.
 - e. Unit Ministry Teams must collect the names of participants from each unit NLT seven days prior to the event.

FOR THE COMMANDER

3 Encls
1. Proposed Teams/
Spiritual Fitness Stations
2. Agenda
3. Milestones

{Name of Officer}
MAJ,
G1

DISTRIBUTION:

{List of Units}

ENCLOSURE 1 (Proposed Teams/Spiritual Fitness Stations) to Memorandum of Instruction (MOI).

All Teams will have a UMT member from their unit to guide them through the spiritual fitness stations.

Team 1: {Name of Unit}	eight soldiers
Team 2: {Name of Unit}	eight soldiers
Team 3: {Name of Unit}	eight soldiers
Team 4: {Name of Unit}	eight soldiers
Team 5: {Name of Unit}	eight soldiers
Team 6: {Name of Unit}	eight soldiers

SPIRITUAL FITNESS STATIONS

“The Seven Army Values”

<u>Stations</u>	<u>Army Value</u>	<u>Spiritual Principle</u>
One	Loyalty	Deuteronomy 8:6
Two	Duty	Psalm 119:106
Three	Respect	Titus 2:7
Four	Selfless Service	John 15:3
Five	Honor	1 Peter 2:17
Six	Integrity	Proverbs 10:9, Psalm 25:21
Seven	Personal Courage	Joshua 1:9, Deut. 31:6 Acts 27:25

ENCLOSURE 2 (Agenda) to {Name of Unit} Memorandum of Instruction (MOI).

Agenda-Spiritual Fitness Challenge 17 & 31 August XXXX

Time

0700-0730	Continental Breakfast – Faith Community Chapel
0730-0830	Travel from Faith Community Chapel Parking lot to Camp Dixie
0830-0900	Orientation at Camp Dixie
0900-1200	Spiritual Fitness Stations: 1-6
1200-1300	Noon Meal
1300-1430	Spiritual Fitness Stations: 7
1430-1500	Recognition/AAR
1500-1600	Free Time
1600	Return to Installation

Note: All times are subject to change.

ENCLOSURE 3 (Milestones) to the {Name of Unit} Memorandum of Instruction (MOI).

<u>DATE</u>	<u>EVENT</u>	<u>POC</u>	<u>STATUS</u>
1ST Activity 17 August– Camp Dixie			Yes/No
22 June XX	Reserve Camp Dixie-17,31 Aug	{Name of Unit}	
23 June XX	Coordinate Funds	{Name of Unit}	
14 July XX	Provide plan and develop Script for Spiritual Fitness Stations	ALL UMTs	
04 Aug XX 1300 hrs.	IPR Unit Conference Rm.	{Name of Unit} UMT G4, CofS	
10 Aug XX	Publish script for Spiritual Fitness Stations	{Name of Unit} UMT	
10 Aug XX	CDRs submit names of participants to unit	UMT	
10 Aug XX 1300 hrs.	Final IPR {Name of Unit} Conference Rm.	{Name of Unit} UMT G4, CofS	
16 Aug XX	Purchase Commissary Supplies	{Name of Unit} UMT	
17 Aug XX 0900	Stations in place	All UMTs	
17 Aug XX 0900	Event Begins	All	
2nd Activity 31 August – Camp Dixie			
20 Aug XX	CDRs submit names of participants to unit	UMT	
26 Aug XX 1300 hrs.	Final IPR {Name of Unit}	{Name of Unit} UMT G4, CofS	
30 Aug XX	Purchase Commissary Supplies	{Name of Unit} UMT	
31 Aug XX 0900	Stations in place	All UMTs	
31 Aug XX 0900	Event Begins	All	

*SPIRITUAL FITNESS
CHALLENGE
CAMP DIXIE*

UNIT MINISTRY TEAMS
OF THE
{Name of Unit}
{Name of Installation}

SCHEDULE OF EVENTS

- 0630-0730 DONUT FELLOWSHIP AT THE CHAPEL
- 0730-0830 TRAVEL TO CAMP DIXIE
- 0830-0900 ORIENTATION OF SF COURSE
- 0900-1030 EVENTS 5-6
- 1030-1100 BREAK EXERCISE (4)-POOL AREA
- 1100-1200 EVENTS 5-6
- 1200-1300 LUNCH CAFETERIA
- 1300-1430 EVENT 7
- 1430-1500 AAR EVALUATIONS
- 1500-1600 FREE TIME
- 1600-1700 TRAVEL BACK TO INSTALLATION

LOYALTY

EVENT: #1 Slide and Swim

- BARE TRUE FAITH AND ALLEGIANCE TO THE U.S. CONSTITUTION, THE ARMY, YOUR UNIT, AND OTHER SOLDIERS.
- LIFE PRINCIPLE: 2 TIMOTHY 2:3

**Endure hardship as a good soldier of
Jesus Christ.**

DUTY

EVENT: #2 Buddy Canoe Course

- FULFILL YOUR OBLIGATIONS
- LIFE PRINCIPLE: Matthew 5:33-37

Do not break your oaths, but keep the oaths you have made.

RESPECT

EVENT: #3 The Buddy Blob

- TREAT PEOPLE AS THEY SHOULD BE TREATED.
- LIFE PRINCIPLE: 1 Corinthians 10:23-24

Nobody should seek his own good but the good of others.

INTEGRITY

EVENT: #4 Breaktime

- DO WHATS RIGHT LEGALLY AND MORALLY.
- LIFE PRINCIPLE: Psalm 37:1-6

Real success comes only to those who do what is right.

SELFLESS SERVICE

EVENT: #5 The Hoops

- PUT THE WELFARE OF THE NATION THE ARMY, AND YOUR SUBORDINATES BEFORE YOUR OWN.
- LIFE PRINCIPLE: Matthew 20:26-28

Whoever wants to be a leader among you must be a servant.

HONOR

EVENT: #6 Water Volleyball

- LIVE UP TO ALL THE ARMY VALUES:
- LIFE PRINCIPLE: James 1:19-27

Be a doer not just a hearer.

PERSONAL COURAGE

EVENT: #7 The Race –Go Carts

- FACE FEAR, DANGER, OR ADVERSITY – PHYSICAL OR MORAL
- LIFE PRINCIPLE: Joshua 1:9

Be strong and courageous, do not be terrified, do not be discouraged....

*COMMITMENT TO ARMY VALUES
COIN AND COVENANT*

I _____ COVENANT TO LIVE OUT
BOTH THE ARMY VALUES AND THE
SPIRITUAL LIFE PRINCIPLES THAT I
HAVE LEARNED AND PRACTICED
DURING THE SPIRITUAL FITNESS
CHALLENGE

UNIT CHAPLAIN

SOLDIER PARTICIPANT

SELFLESS SERVICE

- *“A moth-eaten rag on a worn eaten pole does not seem likely to stir a man’s soul
But it’s the deeds that were done be’neath that moth eaten flag
When that pole was a staff and that rag a flag.”* – Revolutionary soldier
- *“As Americans we go forth in the service of our country, by the will of God.”* – Franklin D. Roosevelt
- *“Service is the supreme commitment of life.”* – Warren G. Harding
-

Deuteronomy 6:12-13

Be careful that you do not forget the Lord...Fear the Lord your God serve him only and take your oath in his name.

Ephesians 6: 7-9

Serve wholeheartedly, as if you were serving the Lord, not men, because you know that the Lord will reward everyone for whatever good he does, whether he is slave or free.

John 15: 3

Greater love has not man than this that a man lay down his life for his friends.

1. How does the Lord want us to serve?
2. What happens in life when we serve, but we forget the Lord?
3. What is the greatest sacrifice that we can render to our country?
4. What causes soldiers to sacrifice their life for their friends?
5. Service brings with it commitment. What is selfless service? What does it mean that when we are in the service of others we are in the service of our God?

LIFE PRINCIPLE: Selfless Service is an attribute of serving God.

LOYALTY

- *“Loyalty must arise spontaneously from the hearts of people who love their country and respect their government.” – Justice Hugo L. Black*
- *“Loyalty is one thing a leader cannot do without.” – A.P. Gouthy*
- *“I can assure you that the Third Army of the United States will be the greatest Army in American History...I shall drive you until Hell won’t have it...” He talked on to us for about a half an hour, literally hypnotizing us with his incomparable if profane eloquence. When he finished, you felt as if you had been given a supercharge from some divine source. Here was the man from whom you would go to hell and back.” – Third Army Veteran about General Patton – WWII.*

Joshua 25:15 – Loyalty to God and Country

15. *As for me and my house we will serve the Lord.*

Matthew 6:24. *No man can serve two masters; for either he will hate the one, and obey the other, or else he will hold to one, and despise the other. Ye cannot serve God and mammon (worldliness).*

1. What does it mean for God and Country?
2. How can we be loyal to our God and our country in the service?
3. What has impressed you most in leaders who inspire loyalty in their soldiers?
4. What causes soldiers not to remain loyal?
5. Can a soldier remain loyal to God and serve his country. Explain.

LIFE PRINCIPLE: Loyalty is an attribute of serving God.

INTEGRITY

- Do what's right legally and morally!
- “No legacy is so rich as honesty.” – Shakespeare, *All's Well That Ends Well*
- “I hold to the maxim no less applicable to public than to private affairs, that honesty is the best policy.” – George Washington, Farewell Address, 1796

Psalm 37: 1-6:

¹ *Don't worry about the wicked.*

Don't envy those who do wrong.

² *For like grass, they soon fade away.*

Like springtime flowers, they soon wither.

³ *Trust in the LORD and do good.*

Then you will live safely in the land and prosper.

⁴ *Take delight in the LORD,*

and he will give you your heart's desires.

⁵ *Commit everything you do to the LORD.*

Trust him, and he will help you.

⁶ *He will make your innocence as clear as the dawn,*

and the justice of your cause will shine like the noonday sun.

1. What advice does this psalm give concerning evil people? (37:1-2)
2. What will be the results of trusting in the Lord? (37:3-40)
3. What concern of yours can you entrust to the Lord in prayer?
4. How can you make sure your priority lies in seeking to please God?

HONOR

- Live up to all Army Values
- “What is life without honor? Degradation is worse than death.” – Stonewall Jackson, 1862
- “Nobody can acquire honor by doing what is wrong.” –Thomas Jefferson, 1808

James 1:19-27 – Listening and Doing

¹⁹ *Dear brothers and sisters be quick to listen, slow to speak, and slow to get angry.*

²⁰ *Your anger can never make things right in God’s sight.*

²¹ *So get rid of all the filth and evil in your lives, and humbly accept the message God has planted in your hearts, for it is strong enough to save your souls.*

²² *And remember, it is a message to obey, not just to listen to. If you don’t obey, you are only fooling yourself.* ²³ *For if you just listen and don’t obey, it is like looking at your face in a mirror but doing nothing to improve your appearance.* ²⁴ *You see yourself, walk away, and forget what you look like.* ²⁵ *But if you keep looking steadily into God’s perfect law—the law that sets you free—and if you do what it says and don’t forget what you heard, then God will bless you doing it.*

1. How does it affect you when a person is caught doing what he or she tells others not to do?
2. What analogy did James use to describe a person who does not do what the Bible says? (1:23-24)
3. What promise did James give to the person who studies God’s Word and practices it? (1:25)
4. What do you need to change in your actions this week to match your talk?

LIFE PRINCIPLE: Be a Doer and not just a Hearer!

Evaluation

Spiritual Fitness Challenge Retreat

Camp Dixie 17 & 31 August XXXX

1. Please fill out and return this evaluation at the conclusion of this retreat. The following will be appreciated in helping to plan future activities.

(Out of the 100 that attended the retreat, ninety completed an evaluation. The following are the statistics and comments of retreat participants.)

2. Name not necessary.

3. Circle the number that reflects your perception.

(The following for each of the six categories are the averages from the ninety participant evaluation forms.)

	Negative					Positive					Averages
Retreat facility	12	3	4	5	6	7	8	9	10		9.1
Food	1	2	3	4	5	6	7	8	9	10	8.5
Atmosphere											
Information/ Presented	1	2	3	4	5	6	7	8	9	10	9.4
Information/ Useful	1	2	3	4	5	6	7	8	9	10	9.2
Useful	1	2	3	4	5	6	7	8	9	10	9.3
Fun	1	2	3	4	5	6	7	8	9	10	9.7

4. How would you improve the retreat? *(as written by participants)*

...more time for events...A place to secure equipment...more people involved...nothing to improve...longer...make a unit thing...I would make it a company event...wouldn't...I cannot think of any way to better...make it more a unit event...more time for each activity...make it 2 days...sand volleyball...nothing...try to do more often...more interaction in the discussions...add some music...not a thing, except maybe add 10 minutes to each event...get rid of the gnats...more time...I would improve it by bringing everyone in the unit...It not be all day. I personally enjoyed it but I got too hot...Bigger go-kart track with more ko-carts...more time on the events...make all water related events in succession (one right after the other) followed by other activities, i.e., have sports, go-carts, etc followed by water sports...It's great for starters, more competition...giving more examples when presenting classes. Getting the soldiers to participate more and also by giving them the chance to discuss in a group...more activities...the gym with better AC...I wouldn't...I would make the water events in the afternoon. It is chilly in the morning...more time for singing and prayer...nothing

food...leave it the same...more choice of chow...soft ball game...bring more people...have more of these events in the future...it would have been a lot more fun if it were warmer...add a few more water sports...make it longer...food could have been a little better...more people (post wide). a weekend retreat...have more people...I had no problem with the retreat...It's good as it is...make more retreats during the year...

5. What did you like about the retreat?

...the way each event represented different information...the activities...relaxing...the water, no NCOs...fellowship/fun...water, atmosphere...everything good...the water activities were great...everything was fun and God's word still got put out...It was fun and I learned a lot...the cohesion in the teams...the no stress environment, it did not feel like it had anything to do with the Army...the blob...the blob and the leadership did a great job...the different stations and the bible verse to go with them...swimming/fellowship...it gave us something to leave with...the competition...the chaplain assistant did a wonderful job with the devotions...everything, it encourages that Army values are important for every soldier. Also the attention to our religious life to bring us closer to God and myself...the environment and the relations that we build...it gave me a chance to get away from the battery. I like the events that were presented. Helps me relax and brings my morale up...get out of the Fort Bragg area and have some stress free fun...motivating...I liked everything about this retreat especially the lake obstacles...the camp site...everything was fun...the activities...the myriad of activities presented; each was unique in its own right. The spirit of the activities was enjoyable too...it gave people who would not normally have any godly input some, which every little bit helps...the way it was broken down and we got to meet new people...The participating groups were very cooperative, responsive and receptive towards the retreat. It was like a day with your personal family...the way everyone came together and got along...it was a good location for the time of year, I was allowed to eat until full...all activities...Everything, the activities were good. Overall it was a great day and I learned a lot...got the opportunity to do activities that I have never done before...the chance to relax with my peers...meet new people...fellowship and fun...quiet, away from Bragg, nice lake and pool. The Spiritual values and Army values were presented very well...all of it...spiritual learning...everything was great fun and I would like to do it again...the good atmosphere of camp Dixie...got to know the chaplain better...it was pretty fun and well organized...the way we incorporated these activities with Army values...promotes friendship with others and the Lord...the teaching parts...the way we bonded together...the retreat was good and the cadre was excellent...It was peaceful, and gave us the chance to really open up and share our opinions and views!...It had a fair level of challenge, responsibility, fun team work, and over all relief of stress...enjoyed interacting with others from different units...there was no ranked involved everybody looked at each other as equals even the chaplains...nonmilitary fun in a military manner...

6. Comments:

Had fun learned a lot...very enjoyable...everyone should do this...really enjoyed myself & hope that it happens more often, thank you...the whole event was fun, it's great that

we can have fun in the name of God...every soldier should get the chance to come out here...learned about the army values and how they relate to God...the devotionals were good...smooth flowing and fun...would love to do it again...don't make us wear life jackets...it's good for the soldiers...overall great idea...we need to keep doing this, this is positive and will bring morale and motivation back to the brigade...good job...fun and information filled...thanks for doing God's work....this was a great way to talk about Army values...we need to have retreats like this on a regular basis...the best day you can enjoy off...more of these are needed...this is something that every soldier should get to do...great time had by all, great fellowship and information provided was useful...I want to thank the staff for one of the funnest days I ever had in my military career...clean the lake...overall great job by chaplains and assistants...I would like a retreat like this for me and my wife...I really enjoyed myself. I got to know people that work around me in other units, that I have seen but never spoken to. Thank you much I am very appreciative, God bless...Thank you God for blessing us with another day and thank you chaplains for blessing me and make my day fun. It was a real stress reliever, some of us really need it.

7. Thank you for your participation and may God bless you!

Spiritual Fitness Challenge-Camp Dixie
Photos – August XXXX



The Teams Form up at the Chapel



SFC talking about Loyalty



The Water Challenge
Duty



The Blob
Personal Courage



Canoeing



The Teams take A Break



Having Fun!



Down the Slide



Chaplain Talking About Honor



Chaplain Briefing The Teams