

“Defend the poor and fatherless; Do justice to the afflicted and needy. Deliver the poor and needy; Free them from the hand of the wicked.” - Ps. 82:3-4



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Paths of Justice

Why Justice?

I joined the Justice Mission because I wanted to be a part in helping to correct injustices as much as I possibly could in any way that I could. Becoming a part of this group has meant a lot to me and has been extremely rewarding. I'm very proud to be a part of it. There are so many injustices out there, so anything and everything that any of us can do to help correct these injustices is a blessing. – Char Lagerberg

Serving Those Who Have Served Us

On November 11th we honor military veterans from the revolutionary war to Afghanistan for their service protecting the U.S. and many other nations. Some soldiers coming home from war have had problems reintegrating into society. These vets have been exposed to hideous acts of carnage and mistreatment of people while in the battlefield. Their willingness to protect

Definition of injustice: Injustice occurs when someone with greater power deprives someone with lesser power of freedom, dignity, treasure, or livelihood.

“Greater love has no one than this: to lay down one’s life for one’s friends.” - Jn. 15:13 -12

our freedoms and rights has put them in places that, under orders, may have required the use of lethal force. These experiences are dealt with on the battlefield by ignoring or stuffing the feelings down, having access to chaplains, and comradery. Upon returning to civilian life, the opportunity for these memories to return is a stumbling block to building a healthy life. Too often, the horrors of war return in dreams or when something happens to remind the vet of a war time event long after they return to their families. The injustice that exists for these vets takes place after they are home and safely back in society when something happens that mentally hurls them back into

- Having nightmares, vivid memories, or flashbacks of the event that make the person feel like it’s happening all over again
- Feeling emotionally cut off from others
- Feeling numb or losing interest in things you used to care about
- Feeling constantly on guard
- Feeling irritated or having angry outbursts
- Having difficulty sleeping
- Having trouble concentrating
- Being jumpy or easily startled
- Feel guilty that they have survived when others in their company did not



the war. As they look for help, they are told that they are suffering from posttraumatic stress disorder (PTSD). The soldiers are unable to retake their place in society because of the mental health issues of PTSD. The Veterans Administration has information, stories of recovery and suggested treatments on their website at <https://maketheconnection.net>.

There are a wide variety of symptoms that may be signs of PTSD. The following are some of the most common symptoms:

- Feeling upset by things that remind the person of what happened

In addition to these symptoms of PTSD, how a person reacts to them can disrupt civilian life as well. The vet may:

- Avoid places or things that remind him/her of what happened
- Consistently drink or use drugs to numb their feelings
- Consider harming him/her self or others (too often Vets commit suicide)
- Start working all the time to occupy their mind
- Pull away from other people and become isolated

The Veterans Administration website describes two types of treatment that they say have been

Serving Those Who Have Served Us - Continued

shown to be effective for treating PTSD: counseling and medication. Professional therapy or counseling can help you understand your thoughts and reactions and help you learn techniques to cope with challenging situations. Research has shown several specific types of counseling to be very effective for treating PTSD. Medications can also be used to help reduce tension or irritability or to improve sleep. A doctor can work with the vet to figure out which medication works best.

They say that in just a few months, these treatments can produce positive and meaningful changes in symptoms and quality of life. They can help the vet to understand and change how they think about their trauma and how they react to stressful memories.

While the course of treatment outlined by the Veterans Administration must have benefits, the medication side of the treatment can mask the problem. Counseling may help, especially if done by a Christian counselor, which the VA leaves out.

But there is another treatment that has been shown to be successful. This is conducted by people who love the soldiers and love the Lord and is so successful that the leadership at Fort Campbell, KY has allowed it to be conducted on base, near the headquarters of REBOOT Alliance. This treatment is a twelve-week course called Reboot Combat Recovery. This was put together by occupational therapist Dr. Jenny Owens and her husband, Evan, because they wanted to do something to help these veterans.



This is how their website (<https://rebootalliance.com>) describes their mission: The REBOOT Alliance exists to help veterans, first responders, and their families heal from the moral and spiritual wounds associated with line of duty stress and trauma. We do this through our groundbreaking trauma healing courses – REBOOT Combat Recovery and Firstline, which provide a unique blend of clinical insight with Christian faith-based support. Our courses are private and peer-led, inclusive of the entire family, and offered at no cost to participants. They began as a small group meeting in the Owens' home, but it has expanded to hundreds of courses and thousands of graduates across the U.S. and around the world.

Reboot has helped many soldiers who returned home to their families only to find that their marriages and other relationships were deteriorating because of PTSD. Holding a job was impossible. To hear testimonies of the success of this, check out this video clip: <https://www.youtube.com/watch?v=3n6ZQLdvWOA>.

There is only one place in Ohio where this is available. It would be great if we could help give lives back to veterans here in the Columbus area who are suffering from their service by starting a Combat Reboot class at FCC. If you are or know a combat veteran who would like to help fellow vets suffering from PTSD, contact Doug or Tom.

Opportunities / Activities / Resources

- On Friday, October 26, we helped lead an outreach to international students at Ohio State University, which also included students from Columbus State Community College, partnering with Bridges and other churches. Our focus was on how to understand why God allows evil and suffering, and how we can join Him in bringing about a more just world.
- Remember to vote in the upcoming election on November 6th. Resources may be found at <http://home.ivoterguide.com>, <http://www.ccv.org/vote/>, and <http://c3.thevoterguide.org/v/columbus18/>.
- Our second SOAR survivor group for ladies continues through November 12. Please pray for a time of healing, community, and growth. Also, we are planning another one to begin on January 21.
- On December 3, we will have a Christmas Party for our Angel Tree outreach. This year, we're reaching out to 30 children of prisoners, from 14 families. Please mark your calendar to join us for that, and if you can help out further, please contact Doug Dunsmoor or Jenna Stiles.
- Do you want to get more involved with righting injustice? Come to our Justice Team meetings where prayer happens, plans are made, and investigations continue.
- Check with Tom Castor (tcbus7@att.net) or Doug Dunsmoor (dwdunsmoor@hotmail.com) for more information about these and more opportunities.