

June National Patriotic Instruction

Brothers,

As our work continues into the summer months, I want to take this time to make sure that we are doing the most important thing in our mission and that is taking care of ourselves. We are all so extremely busy this time of year with cemetery clean ups, displays, presentations and any other community work to spread Patriotism, that it is easy for us to forget about our own wellbeing. Without us firing on all cylinders, we cannot ensure that we are successful in our missions.

What do I mean by taking care of ourselves? First and foremost, making sure we are not spreading ourselves too thin and taking on too much. If we spread ourselves too thin, not only does the product we put out suffer, in this case our product is educating the public on the sacrifices made by our Ancestors during the war, but our stress levels rise, which high stress leads to a host of other health issues. So, make sure that you say "No" every once and a while and take that weekend to yourself or with the family. Even just an evening to yourself can do wonders for your stress levels and morale and coming back refreshed with a better outlook on the mission at hand.

Another way we can take care of ourselves is by listening to our bodies, there is no shame in saying you need to make other arrangements for something on your schedule or asking for it to get rescheduled. If we are in a cemetery and we are not 100%, it could be potentially dangerous to be there, not only for you but for those around you. We cannot do the mission of our order and educate those around us on the importance of Patriotism if we are too sick or injured to do so.

To wrap this up I urge you all to take a day or two for yourselves and make sure you are recharging your own batteries. We are all extremely busy within the Order and within our daily lives, so it is important to relax. I hope it is obvious why this is important to our Patriotic values but just in case it is not, plain and simple, when we are firing on all cylinders, we perform better. Better performance leads to getting the message about Patriotism out more proficiently, which leads to better communities, towns, cities, states and a better country as a whole. It is, albeit a large one, a domino effect so my challenge to you all is to take care of yourselves!

In Fraternity, Charity, and Loyalty,

Br. Ben Frail, PDC

National Patriotic Instructor