Paralyzed Veterans of America Central Florida
6th Annual
Jerry Dugan Memorial Charity Golf Tournament
Saturday September 26, 2020
MetroWest Golf Club Orlando

Registration 8:00 AM  Shot Gun Start 9:00 AM
Registration: $125.00 per golfer (Veterans $100)
Foursomes: $440
Cart & Green Fee, Range Balls, unlimited drinks during play (beer, soda & water)
Goody Bag and Special Gift for each player
Hole in One Prizes on all par 3s
Prizes for 1st, 2nd and 3rd place teams, closest to the pin, raffle/silent auction
Send check to: PVACF 2711 South Design Court Sanford, FL 32773 or register online at pvacf.org
For more information call 407-328-7041 or email joanep@pvacf.org

Website: pvacf.org
Email: office@pvacf.org
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Mission Statement
Paralyzed Veterans of America Central Florida, is a congressionally chartered veteran’s service organization that provides a platform of advocacy, education and research, communication, adaptive sports and recreation for veterans paralyzed as a result of spinal cord injury or dysfunction, in an effort to afford them with the highest quality of healthcare and life experiences.
As the average age of our community of PVA approaches 70, I am glad I can still work as a volunteer. “Work” being the operative word. I would like to thank Margaret E. Kuhn, who is better known as Maggie Kuhn. She founded the Gray Panthers and helped overturn the mandatory law that a person was retired at 65. Without her intervention, a good part of our workforce would not be active.

Her interest in elder rights began, not as a personal issue, but as one of human rights and basic justice, when she attended the 1961 White House Conference on Aging as a church member. In 1970, although she was working at a job she loved with the Presbyterian Church, she was forced to retire the day she turned 65 because of the mandatory retirement law then in effect. That year, she banded together with other retirees and formed the Gray Panthers movement. Seeing all issues of injustice as inevitably linked, they refused to restrict themselves to elder rights activism, but focused also on peace, presidential elections, poverty, and civil liberties.

Kuhn’s interest in social activism began in the 1930s and 1940s, where she taught at the Young Women’s Christian Association (YWCA). During this time, she educated women about unionizing, women’s issues, and social issues. She caused controversy by starting a human sexuality class in which she discussed such topics as the mechanics of sex, birth control, sexual pleasure, pregnancy, and the difficulties of remaining single in a culture where marriage is the norm. Maggie encouraged women to really study their own lives and their world. Kuhn further raised controversy by openly discussing the sexuality of older people, and shocked the public with her assertion that older women, who outlive men by an average of 8 years, could develop sexual relationships with younger men or each other.

During World War II, she became program director for the YWCA-USO, which was a controversial career choice due to her opposition to the war. In spite of this, she continued to advocate for progressive stances on issues such as desegregation, urban housing, McCarthyism, the Cold War, and nuclear arms. During the 1950s and 1960s, Kuhn worked for the Presbyterian Church. While tradition confined most seminarians to fieldwork within churches, Kuhn declared that none of her students would pass unless they went out and found poverty within the local community. She also took a stance on Social Security, arguing that politicians had created an inter-generational war over federal funds in order to divert public attention from the real budgetary issues: overspending on the military and extravagant tax breaks for the rich.

After an elderly woman was murdered and robbed of $309 after cashing a check, Kuhn enlisted the help of Ralph Nader who set up a meeting with the president of the First Pennsylvanian Bank. The bank agreed to establish special check-drawn savings accounts for people over 65 free of charge and make loans more accessible to older people. The Gray Panthers’ motto was “Age and Youth In Action,” and many of its members were high school and college students. Kuhn believed that teens should be taken more seriously and given more responsibility by society. To her, this was just another example of a fast-paced, exploitative culture wasting vital human resources.

The Gray Panthers also combated the then popular “disengagement theory,” which argues that old age involves a necessary separation from society as a prelude to death. Kuhn implicated the American lifestyle for treating the old as problems of society and not as persons experiencing the problems created by society. She accused gerontologists of perpetuating the illusion of old people as incapacitated, noting that grant money seemed to favor such research. She called into question the representation of old people in popular media. Kuhn criticized housing schemes for the elderly, calling them “glorified playpens.” While acknowledging that they helped to keep seniors safe, she contended that they also segregated the elderly from mainstream society. During her years as a Gray Panther activist, she lived in her own home in Philadelphia, Pennsylvania. She shared that home with younger adults, who received a break on rent in exchange for their help with chores and their companionship. Kuhn founded the Shared Housing Resources Center.

Thanks in part to Maggie, I live happily in my own home and not in a glorified playpen.
Late last year the North American Spinal Cord Injury Consortium initiated a needs assessment survey throughout North America. Improving access to SCI-specialized clinical care came out as the top priority. This survey indicated that the SCI community, outside of the veteran community, struggles with gaining access to healthcare professionals that truly understand all the consequences and impact that secondary conditions have on the body. In my time as your Executive Director, I have heard from members who have received hospital care outside of the VA that was less than desirable and from some who said they received exemplary care. Equally, I can tell you some horror stories about some of the care that some of our members have received in a VA facility. Access to quality specialized clinical care is crucial for the well-being of our membership and something for which we will always fight. One of Paralyzed Veterans of America’s legislative priorities this year is for Congress to protect access to the Department of Veterans Affairs Specialized Services. The VA’s System of Care is comprised of 25 SCI Centers and 6 long-term care facilities, whereby providing a coordinated life-long continuum of services for veterans with spinal cord injuries or disorders. We believe that the VA, in most cases, provides the best care available to those with spinal cord injuries or disorders in the country and yet there are still some serious deficiencies that need to be addressed by Congress. One of those deficiencies is unfilled vacant staffing positions. Last year, the Veteran Administration’s Office of the Inspector General reported that 131 of the 140 VA medical facilities had severe shortages for medical officers and 102 of the 104 facilities had severe nurse shortages. However, when it comes to care for our members, the VA’s ability to meet the highest number of physicians and nurses but also having qualified and well-trained staff in other capacities such as housekeeping. Last year the staffing levels for custodial employees at some VA medical facilities fell below 50%. This increases the health risks to patients and PVA’s position is that this issue must be addressed as quickly as possible.

In the survey done by the North American Spinal Cord Injury Consortium, when asked about how active the participants would like to be, advocacy was high on the list. Another question asked in the survey was “What is the biggest challenge you face on a daily basis related to your spinal cord injury?” Of those responding the most frequently cited challenge was dealing with pain, with bowel, bladder and independence following. Pain is a serious problem for many people with spinal cord injuries (SCI). Pain after SCI can occur in parts of the body where there is normal sensation (feeling) as well as areas that have little or no feeling. The pain is very real and can have a negative impact on quality of life. A person in severe pain may have difficulty carrying out daily activities or participating in enjoyable pastimes. The majority of people with spinal cord injuries reported that they have chronic pain. Chronic pain is pain that does not go away and instead lasts months to years. The cause of the pain may be unknown but is most often related to nerve damage from the spinal cord injury or musculoskeletal problems that arise in dealing with a spinal cord injury. The pain can come and go. Chronic pain is difficult to completely eliminate but often can be managed or reduced enough so that it doesn’t overwhelm your life. Chronic pain can cause or worsen psychological problems such as depression, anxiety and stress. This does not mean the pain is “all in your head,” but rather that pain and distress can make each other worse. Even though pain after a spinal cord injury can be complicated and difficult to treat, there are many treatments available that can help. Understanding your pain, working with your doctor and being open to a variety of treatments will help you manage your pain and improve your quality of life. Many people with difficult chronic pain problems after a spinal cord injury have found relief using various techniques. Working with your primary physician, you can usually find a solution that works for you, while still having a quality of life. However, sometimes it can take a while before an acceptable solution is found.

The needs assessment was summarized with this statement. “Overwhelmingly, cure, research and care are very important to the community living with spinal cord injuries but in reality research, cure and policy all impact care……. Our community living with spinal cord injuries is facing significant challenges on a daily basis. Researchers and funders are urged to listen to the community and guide their actions to focus research on identifying avenues to reduce the impact of pain, bowel problems, bladder problems, improving independence and improving movement and mobility.”

John DeMauro

Executive Director

Paralyzed US Veterans

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Terry Vereline crosses the finish line of the 2019 New York City Marathon after walking 26.2 miles in her ReWalk Exoskeleton. She received this device in 2014 and has used it to take nearly 1,000,000 steps in the past five years.
Being there makes a difference

It could be a simple trip to the mall, a ride to the movies or just a visit to friend’s home. The little things in life can make a big difference. It’s why MobilityWorks* has been helping veterans connect with who and what matters most since 1997. Veteran have unique needs so we tailor each of them as individuals. First of all, we listen. Then, we work together to find the best solution.

MobilityWorks considers it a privilege to help our nation’s veterans. Every day we work with local VSNs and service organizations to make the process of securing accessible vehicles, lifts and driving equipment for veterans as easy as possible. MobilityWorks has more than 80 locations across the country with the largest selection of accessible vehicles and adaptive solutions:

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- 24-hour roadside assistance with wheelchair transportation

MobilityWorks is committed to serving you. Contact us today so we can evaluate your needs and find a solution that best fits your lifestyle.

Phrases to consider:
- For those interested in gaining muscle while maintaining a healthy lifestyle, it is recommended to stick to a proper exercise program that includes a combination of cardio, strength training, and diet.
- For those interested in improving their cardiovascular health and reducing their risk of chronic diseases, it is recommended to engage in regular physical activity, such as walking, cycling, or swimming.
- For those interested in improving their sleep quality, it is recommended to establish a consistent sleep routine and avoid screen time before bedtime.
- For those interested in improving their immune system health, it is recommended to maintain a balanced diet, engage in regular physical activity, and avoid excessive stress.

Notes:
- Personal fitness is a very important aspect of overall health and well-being. It is recommended to consult with a healthcare professional before starting any new exercise or diet program.
- It is important to maintain a healthy balance between exercise and rest.
- It is important to stay hydrated and fuel the body with proper nutrients to support recovery and growth.
- It is important to pay attention to the body's signals and adjust the intensity and duration of exercises accordingly.
- It is important to address any medical concerns or injuries before beginning an exercise program.

References:
- Adapted from the American College of Sports Medicine (ACSM) guidelines on exercise and physical activity for healthy adults.
- Adapted from the National Institute of Health (NIH) guidelines on physical activity for healthy adults.
- Adapted from the American Heart Association (AHA) guidelines on exercise and physical activity for healthy adults.

Connect With What Matters

4 pillars of a successful exercise program contain Cardio, Strength, diet and fun

If COVID-19 effected you like it effected me, then it might be time to start thinking of how to lose those “Shelter-At-Home” pounds from around the belly. I am literally eating apple pie and cool whip while writing this article. But at some point, you must realize you have to get back into life and get into shape. Hopefully, soon we will all be able to ride our handcycles in a group and play wheelchair basketball and rugby. So I guess this article is a call to start the process of getting back into shape.

As a handcyclist chasing a spot on the National Team, I have to be constantly aware of what I eat, and how I workout and recover. The very basic foundation of effective physical fitness is held up by the 4 pillars of exercise, which is explained in the following.

Cardio:

Cardio fitness is the body’s ability to deliver blood, oxygen and energy to muscles throughout the body in an efficient way. Through sustained, low intensity exercise, you can improve:

1. The heart’s ability to pump blood efficiently.
2. The lungs ability to inhale oxygen and saturate the body’s blood with oxygen, while removing blood toxins like Carbon dioxide and lactic acid.
3. The body’s immune system becomes more efficient at reducing length and intensity of illnesses.

In a recent study by Harvard University, they found that exercise increases the size of the hippocampus, which is associated with learning and memory. Consequently, the study showed that exercise may reduce the onset of dementia and Alzheimer’s disease.

Strength:

It’s not difficult to associate more exercise with stronger muscles. Most people associate increase strength and muscle mass with the more visible muscles. But it’s important to remember that regular exercise also strengthens the heart, lungs, and brain. A sustained exercise program with 80% cardio and 20% strength training seems to be the least stressful on the heart while increasing heart and lung strength. In the process of increasing heart and lung strength, you also increase blood, oxygen and dopamine delivery to the brain, which in turn often increases happiness and life satisfaction.

Diet:

Diet questions are the questions I receive the most from my handcycling friends. Without proper diet, there can be no proper exercise. Most of the questions I’m asked center around how to lose weight while gaining muscle. As a paraplegic, I am constantly challenged with how to contain or reduce my “para-gut.” The short answer to this question is the following:

1. Eat at least one meal a day of salad or pure vegetables. This is essential for SCI athletes because what you might think is fat around your “belly” is often an increase in gut. Paralysis can slow down peristalsis (The intestine’s ability to move food and liquids through the digestive tracks using muscular contractions). If this process is slowed due to paralysis, processed food will begin to build inside the gut, and increase your belly size. Increasing fiber in your diet will increase the intestine’s ability to move food through the process and decrease the amount of food in the gut or belly. Best of all, it helps with bowel care and management.

2. Better immune system. Shorter illnesses, especially UTI’s.
4. Improved bowel program. Need I say more?

Please be aware that I am not a doctor, physician, dietician, or even a gym teacher. This article is my opinion. Please make sure to consult your physician before, during and after adopting exercise programs.
PVACF.ORG 10

Meaning: Said to someone who remains silent when they are expected to speak.
Origin: There are two stories on how this saying came into being. The first one says that it could have come from a whip called “Cat-0'-nine-tails” that was used by the English Navy for flogging and often left the victims speechless. The second one may be from ancient Egypt, where larynx’ tongues were cut out as punishment and fed to the cats.

The Walls Have Ears
Meaning: Be careful what you say as people may be eavesdropping.
Origin: The face Louvre Palace in France was believed to have a network of listening tubes so that it would be possible to hear everything that was said in different rooms. People say that this is how the Queen Catherine de’ Medici discovered political secrets and plots.

Bury The Hatchet
Meaning: End a quarrel or conflict and become friendly.
Origin: During negotiations between Puritans and Native Americans men would bury all of their weapons, making them inaccessible.
This phrase predates the Puritans. Several Native American tribes joined together as one nation so they could better defend themselves against a war tribe. They symbolically buried a stone hatchet under a cypress tree. No group would bury all of their weapons, because there are always other threats, the need to hunt, and the possibility of one side not holding up their end.

Cold Feet
Meaning: Loss of nerve or confidence.
Origin: This idiom originates from a military term, warriors who had frozen feet were not able to rush into battle.

Big Wig
Meaning: An important person, especially in a particular sphere.
Origin: Back in the 18th century, the most important political figures would wear the biggest wigs, hence today influential people are called big wigs.

Caught Red-Handed
Meaning: When people are caught doing something illegal.
Origin: There are two stories on how this saying came into being. The first one says that it could have come from a whip called “Cat-0'-nine-tails” that was used by the English Navy for flogging and often left the victims speechless. The second one may be from ancient Egypt, where larynx’ tongues were cut out as punishment and fed to the cats.

Raining Cats And Dogs
Meaning: Rain very hard.
Origin: During battles there was no time to administer anesthetics while performing surgeries. Because of that, patients were made to bite down on bullets to distract themselves from the pain.

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Novel Coronavirus (COVID-19) Financial Relief Actions and Time Limit Extensions

Background
On March 13, 2020, the President declared the COVID-19 pandemic as a national emergency, effective March 1, 2020. While United States Postal Service operations and other mail delivery services continue uninterrupted, in some cases, local travel restrictions and COVID-19-mandated health and safety precautions may impact Veterans' and claimants' abilities to timely file forms, documents, or other responses in connection with VA claims and appeals. VA is also sensitive to claimants who wish to have their claims and appeals processed as quickly as possible, and a system-wide extension would negatively affect those who need timely benefits and healthcare. Therefore, VA is providing options for Veterans and claimants to specifically request extensions on filing dates and requested evidence dates, as well as rescheduling of examinations and hearings. VA is also taking steps to provide Veterans and claimants with financial relief.

Financial Relief Actions
VA is suspending all collection actions on Veteran debts under the jurisdiction of the Treasury Department. VA will stop all referrals of delinquent debt to credit reporting agencies and will not take any actions to stop Veterans who are in delinquent status from seeking VA Home Loans. However, collection actions will resume after the termination of the national emergency declaration.

VA is also automatically suspending collection action on all new benefit debts and is offering temporary suspension or extended repayment plans for existing benefit debts, whichever the Veteran prefers. To request a suspension or extended repayment plan, or to request a refund on a debt collection that was suspended, contact the Debt Management Center at 1-800-827-0648.

Claims Filing
Claimants and beneficiaries can continue to submit complete claims for compensation, pension, and survivors’ benefits by mail, fax, or online. Claimants not yet ready to submit a complete claim may still indicate their “intent to file” a claim by:

- submitting a completed VA Form 21-0966, Intent to File a Claim for Compensation and/or Pension, or Survivors Pension and/or DIC (http://www.vba.va.gov/pubs/forms/VBA-21-0966-ARE.pdf),
- contacting the national call center at 1-800-827-1000, or
- initiating an online application for benefits via www.va.gov.

However, if claimants are unable to file claims, submit evidence or attend hearings or VA C&P examinations due to COVID-19, VA has the authority to grant time limit extension requests and postpone final actions on a claim, provided good cause is shown for the delay. VA has determined that delays due to COVID-19 constitute good cause.

Time Limit Extensions Based on COVID-19
Effective March 1, 2020, if a claimant or authorized representative requests an extension of a time limit associated with a required action or notes their inability to attend a virtual hearing or tele-C&P examination based on the COVID-19 pandemic, Veterans Benefits Administration (VBA) will grant these requests under the good cause provisions, provided the time limit would have expired or situation occurred on or after March 1, 2020 and until 60 calendar days from the date the President ends the national state of emergency.

Requesting Time Limit Extensions for Claims/Appeals Filings Based on COVID-19
As there is no specific form requirement for requesting good cause extensions of time limits, VBA will accept COVID-19 pandemic-related extension requests on any form or written documentation.

To request an extension of filing a claim or appeal due to COVID-19, claimants should:

- note the request on their late-filed application, or
- attach the request as a separate document to their late-filed application.
VA Notice

To ensure full consideration of a time limit extension, claimants should simply note in their request that they are requesting an extension for timely filing because of COVID-19, or any related reference to COVID-19, coronavirus, the national pandemic, or similar language. No supporting evidence is required.

If the request is submitted after initial submission of a pending claim or appeal, claimants should specify the time limit for which they are seeking an extension to ensure accurate processing. Extensions for legacy appeal and claim filing time limits must be received in writing.

Requesting an Extension for Evidence Submission Based on COVID-19

Claimants who have already filed a claim may continue to submit requests in writing or over the telephone (1-800-827-1000) for extensions related to evidence submissions. A note will be placed in claimants' records stating no final action should be taken until the evidence is submitted or the extension period concludes.

Requesting an Extension for Hearings or Virtual/Tele-C&P Exams Based on COVID-19

VBA will contact claimants who have already filed a claim or appeal and have VBA hearings or C&P examinations to provide options that do not involve in-person communications (such as virtual or telephone options). If alternatives to in-person hearings or examinations are not possible for the claimant, a note will be placed in the record stating no final action should be taken until a hearing or exam is completed.

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Pastor Thieme was called to Berachah Church in 1950 following distinguished academic achievements at the University of Arizona (Phi Beta Kappa) and Dallas Theological Seminary (summa cum laude). His seminary studies were interrupted by the impending entry of the United States into World War II. By the end of the war he had attained the rank of lieutenant colonel in the Army Air Corps. Throughout his ministry he was affectionately known as "Colonel."

Lt. Col. R.E. Thieme, Jr.
A Prayer for America

Heavenly Father, we come to You in humility to pray for the deliverance of the United States of America. Our client nation is in jeopardy, virtue has given way to degradation, spiritual faith and abundance have declined into complacency and apathy, and terrorism is at our gates. We are spiraling down into degeneracy. We are brought to our knees Failure, not by an enemy, but by You.

We recognize that when believers fail, the client nation fails and is punished. Many believers in Jesus Christ in this country are confused about the spiritual life. They have neglected Your infallible Word and have not followed the colors to the high ground of spiritual maturity. But we also recognize, Father, that our nation still has a chance to recover, if believers wake up and begin to fulfill the very purpose for which they are still alive. We pray they might rebound, know the Truth, and keep moving. May they hear the trumpet call to fall in and advance to victory in the spiritual life.

Heavenly Father, we come to You in recognition that You have all the answers. Only You can provide the solutions that will turn the tide of history. We are in Your hands. You can deliver us at any time. So may there be a turning to Thee and the revival of prayer in our country. And when we do not even know how to pray for ourselves, we know God the Holy Spirit makes intercession for us with “groanings which cannot be uttered,” and our Lord Jesus Christ, our Great High Priest, makes intercession for us at Your throne.

We are thankful Heavenly Father for the opportunity of being tested. We have no fear when we reside in the plan of God. We know we will survive these adversities with the courage, true peace, and tranquillity that come from Bible doctrine circulating in our souls. We know that You cause all things to work together for good to those who love You and are elected on the basis of Your predetermined plan.

We are grateful, Father, for the opportunity as believers to stand in the gap for our nation, to be invisible heroes and have an impact on history in the time in which we live. We thank You that Jesus Christ controls history, and that He never overlooks the advance of the believer to the high ground. Thank you for continuing to give us the necessary time to implant the doctrines from Scripture in our souls so that we might fulfill our responsibilities to the client nation.

May we remember, we are here to glorify You.

We pray for our President and our national leaders. May they have courage and wisdom to make decisions that are honorable and compatible with Your plan for this nation. May they calmly and efficiently plan and execute the destruction of our enemies. We pray for those in the military. May they not be discouraged, frightened, or disturbed. May each one know that in battle, killing the enemy is not immoral or sinful. We remember those whose names are in our church bulletin, men and women in uniform fulfilling the principle of freedom through military victory. And we pray for the Berachah Battalion at this crossroads in our history. Protect every member from harm as they face our enemies.

Heavenly Father, we have been given a unique spiritual life and the basis for the recovery of the pivot. We pray the renewed power of the spiritual life in these United States will play its part in the defeat of our enemy, and great blessing will be restored in this land. Our enemies call us satanic, but may they learn to call us Christians as they see the Power of Heaven itself. Father, we pray in this time of national crisis for a revival such as we have not seen before in our history. We ask this in the name of the King of kings and Lord of lords, even Jesus Christ our Savior. Amen.

And My people who are called by My name humble themselves and pray, and seek My face and turn from their wicked ways, then I will hear from heaven, will forgive their sin, and will heal their land. (2 Chronicles 7:14)

This was provided by long time Paralyzed Veterans of America Central Florida Chapter supporters Dr. Jo and Buddy Hewell.