



February 2016

Central Oregon Police Chaplaincy

Serving the Hearts and Minds of Central Oregon's First Responders

www.copchaplain.com

The Beat

Common Strategies!

Having completed the second day of a three day class I looked at my friend and fellow instructor and said, "I'm exhausted!"

I continue to learn each time we train with First Responders and Care Givers – there is a common theme that resonates – we need a strategy to experience wellness.

We hear from fellow classmates as we work hard to comprehend

the material that they have survived while experiencing pain, loneliness, trauma and lots of wounds. I'm amazed at the determination by many of our Law Enforcement, Fire, Dispatch, and support service agencies to work while carrying the emotional load that is created from the Trauma of the events.

Our best strategy leans toward a balance of self-care and peer support to keep our Emotional, Physical, Cognitive, Spiritual

and Behavioral symptoms to a minimum.

One thing for sure no one is an island or maverick when we encounter a stress injury – we all need each other – training to care for each other is a premium.

Thank you to all my First Responders, Behavior Health, Mental Health and Chaplains that have and are taking care of me and many others.

Blessings - pj

CENTRAL OREGON SPORTSMEN'S SHOW

Central Oregon Police Chaplaincy will be at the

Central Oregon Sportsman Show

March 3-6, 2016

Deschutes County Fair & Expo Center

Thursday & Friday: 12noon – 8pm; Saturday: 10am – 8pm; Sunday: 10am – 4pm

Please visit the COPC booth at the Sportsman's Show and support our raffle!

Special thanks to Vortex Optics, Advanced NW Welding, Ochoco Feed & Farm Supply, Inc., and Fair Feed & Supplies for our raffle items.



Sunriver Resort March 4-6, 2016

**Registration 5-7 PM on Friday;
Ends 12:30 PM on Sunday**

COPC and the Board of Directors are again teaming together with Family Life to assist couples with conference registration. The standard price for this conference is \$349.98 per couple (\$174.99 per person). **COPC is able to make this opportunity available to First Responders for \$174.98 per COUPLE (\$87.49 per person) through a group rate!**

To register go to:

<https://shop.familylife.com/p-4163-sunriver.aspx>

Then click on "Register Myself and Spouse" and fill in the drop down form with the information requested. In the "Group Name" box type in **JimCrowleyCOPC** (this group name is case sensitive) and then click on "continue" button for the next part of the registration process.

This is for the conference registration only and does not include lodging or meals. Call 800-547-3922 for Sunriver Resort lodging reservations.

A First Responder Prayer

We pray over the emergency responders of Central Oregon. Please keep these men and women safe; give them strength when they are called to duty, responding to danger and ugliness. Lord, please give them wisdom as they continue to help others. Let your love shine through our Chaplains as we continue to care and support the people and families of our emergency services. Amen.

News & Events

- **COPC Chaplains Training** – First Tuesday each month from 0900-1200 hours usually at the COPC office in Bend.
- **COPC Board Meeting** – Second Thursday each month at the COPC office.
- **DCSO Corrections** – Chaplains Crowley, Dismore, Jemes, and Michalek continue to meet weekly for lunch with the Corrections Family.

Prayer Requests

- Marriages of our Fire, Law Enforcement and Dispatch families. Our Chaplains meet weekly with officers, firefighters and dispatchers that request our assistance and prayers for their families.
- Covering of His Grace, Wisdom and Protection on our chaplains, agencies and families.
- There are many First Responder Families facing illnesses, surgery, and other physical ailments. Keep them and their families in prayer.

COPC Chaplains

The Chaplains of Central Oregon Police Chaplaincy provide the crucial services that support the region's First Responders and the community. On an on-call basis, 24 hours a day, seven days a week, COPC Chaplains are dispatched to calls including deaths (Code 99s), death notifications, drownings, fires, homicides, hospital transports, infant and child deaths, motor vehicle accidents, search and rescue, suicides, and more.

In addition, COPC Chaplains provide confidential personal counseling and mentoring, hospital and home visits to assist in healing and provide support, critical incident stress debriefing and defusing for First Responders and the community following traumatic events. They officiate at ceremonies including funerals, weddings, celebrations, dedications, and other events. They do ride alongs and visit the First Responders at the agencies throughout Central Oregon. They also are involved in administrative duties, attending meetings, making community contacts, and fundraising.

Monthly training is offered to the COPC Chaplains, First Responders, and others; training to help Chaplains, Emergency Services Personnel and their family members maintain healthy relationships.



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