



Central Oregon Police Chaplaincy
Serving the Hearts and Minds of Central Oregon's First Responders
www.copchaplain.com

June 2016

The Beat

Calming Down!

Someone sent me this not too long ago - "If Someone Tells me to take it down a notch that guarantees a 4 to 5 notch increase - they went on to say, Don't Try and De-notch Me!"

Well, I've been waiting for summer to come since it ended last year - it's coming - it's here - I'm excited to enjoy time with my family and friends recreating and relaxing.

I can hear someone saying - "Just Calm Down!" Sometimes

when I hear Calm Down it makes everything get ramped up. The expression has many different applications and with the support of a few authors that have studied the statement they seem to rotate toward discovering a better way to get someone to Calm Down than to blast them with the message - Calm Down!

I'm still learning a lot about life but recently I had the opportunity to use some skills with a very ramped up and upset individual and simply told

them to Breathe with me! I took a deep breath and they as well and excelled - there's a lot more to the breathing exercise but the just is to quietly breathe in through your nose and exhale through your mouth. Folks that were trying to help were telling them to Calm Down - it wasn't effective.

So - breathe and then get excited about summer! It helps to be Still and Know - Psalm 46:10



2016 CENTRAL OREGON POLICE CHAPLAINCY GOLF TOURNAMENT

PRESENTED BY MOUNTAIN VIEW HEATING

SUPPORTED BY EAGLE CREST RESORT

Friday August 5, 2016 - Eagle Crest Ridge Golf Course - Redmond

Shotgun start at 8AM

Entry: \$125.00 per person/ \$500.00 per foursome.

Includes 18 holes of golf, carts, range balls, snacks, on course beverages and lunch. Reserve your spot today - visit www.copchaplain.com for more information.



Call Andrea at 541.390.4970 for questions.

Recently we were asked

“How is COPC funded?”

COPC is funded through **general donations** from individuals and families, community members, local churches, and businesses.

A second source of funding comes from **payroll deductions** from emergency services personnel, agencies and departments in Central Oregon.

A third funding source is **fundraisers** including the Central Oregon Sportsmen's Show, Annual Golf Tournament, a year-end letter sent to those on our contact list, and an occasional dinner or event.

Here are other opportunities used as fundraisers for COPC:

Cell Phone Recycling; Cell phones can be turned in at many of the agencies around Central Oregon that are collected and the proceeds for recycling go to COPC.



You can help **Central Oregon Police Chaplaincy** earn donations just by shopping with your Fred Meyer Rewards Card!

Link your Fred Meyer Community Rewards Card to **Central Oregon Police Chaplaincy** at www.fredmeyer.com/communityrewards. You can search for us by our name or by our non-profit number **81244**.

Then, every time you shop and use your Rewards Card, you are helping **Central Oregon Police Chaplaincy** earn a donation!

You still earn your Rewards Points, Fuel Points, and Rebates, just as you do today.

If you do not have a Rewards Card, they are available at the Customer Service desk of any Fred Meyer store.

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.

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.
- **Other Trainings** – Stay tuned for upcoming trainings.

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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Police Chaplaincy**