



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

March 2017

The Beat

Homeostasis

Homeostasis simply put is a state of equilibrium. The influence of the posture of Homeostasis involves balance! It could be the balance and juggling act that many of us have regarding our self-care, schedules, families and recreation.

It typically involves more complex issues than sitting upright in a chair without falling over but for some you have to start somewhere right?

Our First Responders have many items to keep in check or in balance the least of which would be self-care.

There seems to be a lot that we can get away with when it comes to taking good care of ourselves unless we are at home with those who know us best. That's when we hope for grace.

I asked my bride not too long ago how she thought I was doing - reply: maybe you could go shoot your bow, try and tie some flies so you can go fishing.

So much for Homeostasis!

We all need to take care of ourselves better and we all need someone who will tell us the truth too!

Glad for this resounding truth - God loves you as you are and not as you should be!

My wife loves me enough to let me go recreate every once in a while!

Happy Anniversary Brenda! ☺

Blessings - pj

Central Oregon Police Chaplaincy will be at the Central Oregon Sportsman Show



March 2-5, 2017 at the Deschutes County Expo Center. **Special thanks to Vortex Optics, Fair & Feed Supply - Prineville, Lost Creek Armory - Bend, Home Depot - Redmond for their donation or help with raffle items.**

Raffle items include an Armalite Eagle Arms Eagle-15 Black .223 / 5.56 NATO AR-15, Smith & Wesson M&P® 9mm SHIELD™, Traeger Tailgater Grill, Vortex Viper® HD 10x42 Roof Prism Binocular, Vortex Viper PST 1-4x24 TMCQ Rifle Scope, and Vortex Ranger 1500 Rangefinder with Primary Horizontal Component Distance (HCD) mode.

Raffle tickets are \$5 each or six tickets for \$25. Raffle tickets can be purchased at the Sportsmen's Show or by contacting your local COPC Chaplain or COPC Board Member.



**Sunriver Resort
March 10-12, 2017**

**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-4613-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.

2017 Golf Tournament

The 2017 Central Oregon Police Chaplaincy Golf Tournament will be Friday August 4, 2017 at the Eagle Crest Ridge Golf Course in Redmond. It will begin with a Shotgun start at 8AM

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

Presenting Sponsor



Supporting Sponsor

Join us for a beautiful day on the course!

Includes 18 holes of golf, carts range balls, snacks, on course beverages and lunch. Reserve your spot today.

Raffle and fun team prizes including: 1st Low Gross, 2nd Low Gross, long drive, men's/women's closest to the pin and even last place!

Visit www.copchaplain.com for more information.

Call Andrea at 541-390-4970 for questions.

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.



**Central Oregon
Police Chaplaincy**



CENTRAL OREGON SPORTSMEN'S SHOW



Central Oregon Police Chaplaincy will be at the
Central Oregon Sportsman Show
March 2-5, 2017
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, Fair & Feed Supply – Prineville
Lost Creek Armory – Bend, Home Depot – Redmond

All proceeds support COPC programs.

Raffle tickets are \$5 each or six tickets for \$25.

Pictures may vary from actual item. You need not be present to win.
You choose which item(s) you want your raffle ticket(s) to go toward.

Armalite Eagle Arms Eagle-15 Black
.223 / 5.56 NATO 16-inch 30rd
(Retail \$570).



Smith & Wesson
M&P®9 SHIELD™
(Retail \$449)



Traeger Tailgater Grill
(Retail \$450)



Vortex Viper® HD 10x42
Roof Prism Binocular
(Retail \$600)



Vortex Viper PST 1-4x24
TMCQ Rifle Scope
(Retail \$649)



Vortex Ranger 1500 Rangefinder
with Primary Horizontal Component
Distance (HCD) mode
(Retail \$580)



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