



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

April 2018

The Beat

Building Resiliency!

Chaplain Mike Dismore and I recently returned from an opportunity to provide a class for First Responders in Vancouver, Washington - Assisting Individuals in Crisis.

Both myself and Chaplain Dismore are Approved Instructors for the International Critical Incident and Stress Foundation. We have had the honor for almost ten years to accomplish this training for First Responders that has literally taken us all over the Northwest and within the borders of the US.

While outside of our area many times we run into our First Responders that have come to the training with a lot on their plate - a lot of stress due to their responsibilities and exposure to traumatic events. They look pretty much ok on the outside but that often is a shell holding in brokenness, pain and a lot of frustration - simply put they have injuries that are emotional in nature that won't heal.

We recently came into contact with a veteran serving his agency for many years with many different events that through time accumulated and had left him in a real dilemma - suicide was an option! The ICISF Classes provide the resources to begin the process for healing.

The focus of the class is Peer Support but just like in the Commercial Flights when we are instructed with the oxygen mask to help ourselves first before we help the person next to us, this class gives the opportunity for our First Responder to come under the assumption that this is how we can help others!

Building Resiliency - the buzzword that is in ramped up use presently - is accomplished in this class. Each time I use the material I believe I am building more resiliency. It's always a joy to hear when one of our First Responders shares how the class opened the door to new life - a new start - new husband - new wife - new career.

Through the care of a good clinician - pastoral care - self-care some really great opportunities can be discovered.

Tomorrow is Easter - a celebration for the Christian Community. Once again, I'll look into the tomb and hear the words echoed again and again - He is not hear He is Risen - some of us through heritage will announce He is Risen Indeed! A personal declaration of the heart that has been healed and given a second chance.

Our Father is the creator of second chances. The resurrection of God's Son is the best Resiliency training ever provided. He has been exposed to every kind of event and trauma even death itself and still bounced back - now that's the hallmark of Resiliency. Thank You Father for a great Resiliency plan! The heart of a chaplain that has experienced this hope is glad that the tomb is still empty!

He is Risen! - Chaplain Jim

Our Chaplains

Kinne Callaway - Bend
Jim Crowley - Bend
Mike Dismore - Redmond
Lyman Flenner - La Pine
Stephen Gilday - Prineville

Kimi Glaspie - Madras
Tom Hunt - Three Rivers
Terry Jemes - Bend
Dave Kell - Redmond
Paul Lanquist - Madras

Bill Michalek - Bend
Robin Mirrasoul - LaPine
Patty Myers - Sunriver
Peter Pagel - LaPine
Dan Parks - Prineville

Henry Porter - Corrections
Joel Stutzman - Sisters
Amber Turnage - Powell Butte
Bob Wiley - Redmond

2018 Golf Tournament

The 2018 Central Oregon Public Safety Chaplaincy Golf Tournament will be Friday August 3, 2018 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.



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 at various locations and agencies.
- **COPC Board Meeting** – Second Thursday each month at the designated locations.
- **DCSO Corrections** – Chaplains Crowley, Dismore, Jemes, and Michalek continue to meet weekly for lunch with the Corrections Family.

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.

COPC Chaplains

The Chaplains of Central Oregon Public Safety 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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Safety Chaplaincy**