

**CENTRAL  
OREGON PUBLIC  
SAFETY  
CHAPLAINCY**



**Serving the  
Hearts & Minds  
of Central  
Oregon's First  
Responders**

# JULY NEWSLETTER

## Adjusting to Anxiety!

Having returned from the Beautiful state of Utah and 4 National Parks with two state parks visited in 114 degree weather a day or two - I sure like living in Central Oregon! While Brenda and I were away we adjusted to anxiety! I won't illustrate this because it will make me anxious thinking



about it. "Half of the battle of anxiety is realizing when you're entering the battle!" Brittany Moses writes in her devotional - The Seven Day Anxiety Detox. She also identified a phrase that has stuck with me - Metacognition - means you have the ability to think about your thoughts. Some of our thoughts may not always be the best thoughts - this could evolve into what I have identified as stinking-thinking! Staying healthy in our heart and mind will help us to adjust to anxiety. Having a consistent moral Compass will help us with discovering. This begs the question for a source to provide consistent influence in the adjustment. One of our many qualified chaplains can assist with helping to find that source. I'm simply trying to adjust to being on vacation!

Blessings and Stay Safe!

Padre

## Happy Fourth of July



The United States of America has one of the most significant holidays of the year, the Fourth of July. We celebrate the signing of the Declaration of Independence in 1776. On the 4th of July we celebrate our freedom.

We recite in the pledge to our flag, "under God, with liberty and justice for all." The Declaration stated unequivocally: "We hold these truths to be self-evident, that all Men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty, and the Pursuit of Happiness. — That to secure these Rights, Governments are instituted among Men, deriving their just Powers from the Consent of the Governed." Those few words sum up the divine source of our unalienable rights and our philosophy of government. Nothing quite so revolutionary had been proclaimed anywhere by any people. But those beliefs had to be affirmed by the struggles and sacrifices of those throughout history.

Thank you to those who have given all so that we can enjoy our freedom. May God protect those who are defending our country and bring them home safely.

Sam B/Joel S

## Oregon Chaplain Academy



June 3-8th we had 26 chaplains from across the state of Oregon receive outstanding training at DPSST in Salem Oregon. What a privilege to connect and get high level chaplain training. Oregon Chaplain Academy is having an advanced training academy on October 24th-26th of this year. Stay tuned!



For more information click on the link below  
<https://oregonchaplainsacademy.com>

### 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 a-



**CENTRAL OREGON  
PUBLIC SAFETY CHAPLAINCY  
GOLF TOURNAMENT**  
PRESENTED BY MOUNTAIN VIEW HEATING  
& SUPPORTED BY EAGLE CREST RESORT



*Join us for a beautiful day on the course!*

Details: Friday August 3, 2018 – Eagle Crest Ridge Golf Course - Redmond, Oregon  
Shotgun start at 8:00 a.m. – lunch served at 1:00 p.m.

Entry: \$125.00 per person/ \$500.00 per foursome. Includes: 18 holes of golf, cart, range balls, snacks, on-course beverages and lunch.

*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!*

Reserve your spot today – complete and send in the registration form or visit [www.copchaplain.com](http://www.copchaplain.com) for more information, or call Andrea at 541.390.4970 for questions.

PROCEEDS SUPPORT COPC, SERVING THE HEARTS AND MINDS OF CENTRAL OREGON'S FIRST RESPONDERS.

**[Click on this link http://www.copchaplain.com/events-wedge-details/](http://www.copchaplain.com/events-wedge-details/)**



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# CHAPLAIN

- July 3rd 2018 - Monthly Chaplain Training
- July 16-18 2018 - [Assisting Individuals & Group Crisis Intervention Course](#)

Click on course link for more information

[Click here to connect on Facebook](#)

You can help Central Oregon Public Safety Chaplaincy earn donations just by shopping with your Fred Meyer Rewards Card! Fred Meyer is donating \$2.5 million per year to non-profits in Alaska, Idaho, Oregon and Washington, based on where their customers tell them to give. Here's how the program works:

Sign up for the Community Rewards program by linking your Fred Meyer Rewards Card to Central Oregon Public Safety Chaplaincy at [www.fredmeyer.com/communityrewards](http://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.

For more information, please visit [www.fredmeyer.com/communityrewards](http://www.fredmeyer.com/communityrewards).

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