

**CENTRAL
OREGON PUBLIC
SAFETY
CHAPLAINCY**



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

OCTOBER NEWSLETTER

Sometimes I Wish That Life Would Be "Easy" For A While

Sometimes I wish that life would be "easy" for a while. I'm not exactly sure what "easy" means or even how long "a while" would be. I'm not looking for a life that is "more care free" or "completely without stress." I just want life to be "easy" for a while.

I'd like it to be "easy" for me and my family of course, but also for the First Responders and their families in Central Oregon and the chaplains who minister to them.

There are times the difficulties of life come our way because of our own choices and actions (even if we don't want to admit to it). And there are other times when our circumstances change and situations come about that are far beyond our control. There are so many who are tired and facing insurmountable challenges in life – personally, physically, medically, financially, spiritually – with children, spouse or significant other, family, health, occupation And then something else gets added to the mix.

"When does it stop!" are words I've heard numerous times talking with others lately. Some become numb and plod along in life. Others become bitter. Some "make the best of things." There are those who feel the pain and despair is too much and choose what some have called a "permanent solution for a temporary problem" - suicide. (We've had way too many of these in Central Oregon over the last ten years.)

And then there are those who rise above their "insurmountable" challenges. These are also those who try and help make things better for others along the way. Perhaps it is as simple as a smile or a hug or a word of encouragement.

Here are the words of Jesus Christ from Matthew 11:28-30; "Come to Me, all who are weary and heavy-laden, and I will give you rest. Take My yoke upon you, and learn from Me, for I am gentle and humble in heart; and YOU SHALL FIND REST FOR YOUR SOULS. For My yoke is easy, and My load is light."

I hope and pray that you have rest for your soul and that the months ahead are filled with refreshment and resilience and rest.

Chaplain Mike



Chaplains receiving “Darkness to Light” Training





Upcoming Dates

Assisting Individuals in Crisis
& Group Crisis Intervention
October 15-17, 2018

Advanced Oregon Chaplains Academy at DPSST
Oct 24-26 2018

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