

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 heavyladen, 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

Stress

Everyone experiences stress and anxiety at one time or another. The difference between them is that stress is a response to a threat in a situation. Anxiety is a reaction to the stress.

Whether in good times or bad, most people say that stress interferes at least moderately with their lives. Chronic stress can affect



your health, causing symptoms from headaches, high blood pressure, and chest pain to heart palpitations, skin rashes, and loss of sleep.

Health problems can occur if the stress response goes on for too long or becomes chronic, such as when the source of stress is constant, or if the response continues after the danger has subsided. With chronic stress, those same life-saving responses in your body can suppress immune, digestive, sleep, and reproductive systems, which may cause them to stop working normally.

Different people may feel stress in different ways. For example, some people experience mainly digestive symptoms, while others may have headaches, sleeplessness, sadness, anger or irritability. People under chronic stress are prone to more frequent and severe viral infections, such as the flu or common cold.

Routine stress may be the hardest type of stress to notice at first. Because the source of stress tends to be more constant than in cases of acute or traumatic stress, the body gets no clear signal to return to normal functioning. Over time, continued strain on your body from routine stress may contribute to serious health problems, such as heart disease, high blood pressure, diabetes, and other illnesses, as well as mental disorders like depression or anxiety.

But you can learn how to reduce the impact of stress and manage your symptoms.

Physical activity is a proven way to reduce stress. Regular participation in aerobic exercise has been shown to decrease overall levels of tension, elevate and stabilize mood, and improve sleep and self-esteem. Other effective methods include breathing exercises, and yoga.

Relaxation techniques have been used to assist in the treatment of phobias, panic disorder, and depression, as well as providing relief for people in stressful situations. These are only a few ways to help with stress. Ask for help if you are feeling overwhelmed.

By National Institute of Mental Health

COPC Chaplains

The Chaplains of Central Oregon Public Safety Chaplaincy provide the crucial services that support the region's First Responders and community. On an onthe 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.

If you would like to donate to Central Oregon Public Safety Chaplaincy, please <u>click here</u>.



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

Do You Want to Help?

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. 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.

<u>Click here to connect on Facebook</u>

<u>Click here to connect on Facebook</u>

For more information, please visit <u>www.fredmeyer.com/communityrewards</u>.

store.

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

Chaptaine) courts donation. You still earn your Rewards Points, Fuel Points, and



- Jim Crowley
- Mike Dismore
- <u>Joel Stutzman</u>
- <u>Kinne Callaway</u>
- Lyman Flenner
- <u>Stephen Gilday</u>
- <u>Kimi Glaspie</u>
- Terry Jemes
- Dave Kell
- Paul Languist
- <u>Bill Michalek</u>
- <u>Robin Mirrasoul</u>
- Patty Myers
- Peter Pagel
- <u>Dan Parks</u>
- <u>Henry Porter</u>
- <u>Amber Turnage</u>
- <u>Bob Wiley</u>
- Richard Ross
- Leslie Languist
- Don Manning

Click on name for contact info.

Click on name for contact info.

DOIL WIADIIII18

PO Box 1898 Redmond, OR 97756