

**CENTRAL
OREGON PUBLIC
SAFETY
CHAPLAINCY**



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

NOVEMBER NEWSLETTER

Giving Thanks is an expression that goes beyond an event, a call or the atmosphere of yuk that we find ourself in periodically. It goes beyond ourselves. I heard it said on more than one occasion we have to reach down deep inside to retrieve who we really are - all the way to the bottom! It is a discipline that brings homeostasis and resilience to what may be temporary. I had to think a long time before I could throw that out there! Is that really true? Does being thankful help me with balance and staying healthy? In the moment if the smallest activity can bring us back to the center line of life and priority I believe it will! Another cup of coffee from the waitress that is suppose to be bringing coffee - Thank You! A server accomplishing their tasks interrupted with an offering of thanks for their expected work.



A First Responder - A Chaplain doing what we do bringing a sober moment to pause when we hear the words - Thank You. Even Giving Thanks to God our Creator! He's doing what we expect and often times take for granted. He gets paid the big bucks to accomplish His job how about giving Him Thanks.

While at a swearing in ceremony with one of our agencies I was reminded of some words that I had read a long time ago - a quote by Winston Churchill by one of our good Captains attempting to give perspective to brand new troops - "we make a living by what we get, we make a life by what you give". I've paraphrased the small yet investing thought. We can say it in other words - each one gives what he has!

We will all be stronger mentally and spiritually if we can muster up the energy and discipline to simply say Thank You. I've seen folks do this during incredibly difficult impact and hardship. We can do this! Have a Safe and Blessed Season of Giving Thanks!

"Give thanks to the LORD; call upon his name; make his deeds known to all people!"

Psalms 105:1 CEB

You Are Loved and Appreciated

Pj

What Do You Know about Thanksgiving?

1. President Thomas Jefferson thought making Thanksgiving a National Holiday was “a ridiculous proposition.”
2. The real first Thanksgiving was held in Texas in 1541 when Francisco Vasquez de Coronado and his expedition held a Thanksgiving celebration in Palo Duro Canyon.
3. Baby turkeys are called poults.
4. Sarah Hale is considered the “Mother of Thanksgiving”. She urged President Abraham Lincoln to make it a National Holiday. She also wrote the popular song “Mary Had A Little Lamb.”
5. Cranberries were once used for more than just sauce. Native Americans used them to treat wounds and dye arrows.
6. The Turkey was Ben Franklin’s vote for the national bird.
7. The night before Thanksgiving is the single biggest day for bar sales in the U.S.
8. Americans eat the weight of Singapore’s population in turkey every year — up to 690 million pounds!
9. The average person eats enough each Thanksgiving to gain 1.3 pounds.
10. There were no forks at the first Thanksgiving. People ate using knives, spoons, and their fingers.
11. The best way to tell if a cranberry is ripe is to see if it bounces.

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.

If you would like to donate to Central Oregon Public Safety Chaplaincy, please [click here](#).



Chaplains from across the state of Oregon attended the first Advanced Academy at DPSST

How is COPC funded?

COPC is funded through general donations from individuals and families, community members, local churches, and businesses.

A second source of funding comes from payroll deductions from emergency services personnel, agencies and departments in Central Oregon.

A third funding source is fundraisers including the Central Oregon Sportsmen's Show, Annual Golf Tournament, a year-end letter sent to those on our contact list, and an occasional dinner or event.

COPC will NOT be having our Christmas Eve Service this year.

This year we are encouraging our First Responders to create their Family Traditions according to your faith - spend more time with your family and friends. We will not be scheduling our Christmas Eve service to encourage all of us to take time to be with family and attend a local Faith service where you live!

This will be a great time to join other local activities that can be accomplished to celebrate the Birth of Christ together.

Discover a family in your area that has less and influence them with the Spirit of Christmas!

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.



CHAPLAIN

Upcoming Dates

Assisting Individuals in Crisis & Group Crisis Intervention at St Charles Hospital
Nov. 28th-30th, 2018

Thanksgiving Nov. 22nd 2018

COPC Chaplains Training –First Tuesday each month from 0900-1200 hours

COPC Board Meeting – Second Thursday each month

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.

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- [Joel Stutzman](#)
- [Kinne Callaway](#)
- [Lyman Flenner](#)
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