

**CENTRAL
OREGON PUBLIC
SAFETY
CHAPLAINCY**



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

MARCH NEWSLETTER

A First Responder's Family

A First Responder family as you know is far from normal. The First Responder is not always there for dinner, not always home on the weekends and often has to miss a birthday, anniversary or holiday. This takes a toll on the family and marriage. A lot is poured out to the community they care for and the "well" is low by the time they get home. This shows us how important it is to refill our levels.

Realizing how a First Responder's career affects the family at many levels. Even if she/he "knew what she was getting into" when she/he married you or "gave the OK" for you to enter the first responder field, they need to know that you support them. Ask your loved one what aspects of your career stress them the most. If there's nothing you can do to ease the stress, pray for them and be a good listener.

What is important? A First Responder's career field often serves as a spark-plug for close friendships. You create a close bond with all the men and women you work with because of the time you spend with them. As positive as strong friendships are, make sure your strongest friendship remains at home with your family. Time can quickly slip away.

Remember your loved ones. Just as you sacrifice sleep, safety, comfort and family time to protect the public and provide for your loved ones, they have undoubtedly spent sleepless nights worrying about you and wishing you were home. Family continually sacrifices emotional comfort as well as personal safety. Let them know how much they mean to you. A little appreciation on both ends goes a long way in keeping your family happy and fulfilling. Stop, tell them that you love them. Give them a big hug. Life is short so make the most of it.

Remember that there is one person who cares about you even more and that is our Heavenly Father who died for you and showed unconditional love by forgiving you of your sins. That's love.

Blessing,

Chaplain Joel

*Love your family.
Spend time,
Be kind and serve one another.
Make no room for Regrets.
Tomorrow is not Promised and
Today is Short.*

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Family Life Weekend To Remember Sunriver

Date: 03/08/2019 - 03/10/2019 Price: \$175.00 per person

Go to: www.copchaplain.com and click on Family Life Weekend To Remember Sunriver 2019 Use Group Name COChaplaincy to Save \$100.00



Thank you to everyone who came out to support COPC at the Sportsman Show this year

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](#).



Upcoming Dates

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

COPC Board Meeting – Second Thursday each month

Assisting Individuals & Group Crisis Intervention
Coos Bay Fire Dept. - Mar. 20th -22nd

Weekend to Remember - March 8-10 2019
Go to: www.copchaplain.com and click on Family Life Weekend To Remember Sunriver 2019

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,

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COPC Chaplains

- [Jim Crowley](#)
- [Mike Dismore](#)
- [Joel Stutzman](#)
- [Kinne Callaway](#)
- [Lyman Flenner](#)
- [Stephen Gilday](#)
- [Kimi Glaspie](#)
- [Terry Jemes](#)
- [Dave Kell](#)
- [Paul Lanquist](#)
- [Robin Mirrasoul](#)
- [Patty Myers](#)
- [Peter Pagel](#)
- [Dan Parks](#)
- [Henry Porter](#)
- [Amber Turnage](#)
- [Bob Wiley](#)
- [Richard Ross](#)
- [Leslie Languist](#)
- [Don Manning](#)

Click on name for contact info.

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