

**CENTRAL  
OREGON PUBLIC  
SAFETY  
CHAPLAINCY**



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

## AUGUST NEWSLETTER



### **LaPine/Sunriver Chaplain**

Chaplain Don Manning served with the Spokane County Sheriff's Office from 1990 until 2014. He started as a patrol deputy including several years in the traffic unit working from a motorcycle. He spent 4 years as a detective in traffic collision reconstruction, and his last 5 years as a patrol sergeant. He is married to his bride of 31 years, Gaylene. They have 3 adult children; Sarah, Luke and Hannah plus 2 dogs, Heidi and Flash.

### **Rest**

Do you find yourself working every overtime shift? Are you frequently called in on your off time? If so, you might be chronically tired, maybe even burning out. I've been there before, even to the point of unusual health issues such as shingles at the age of 30! As a deputy in Spokane County, I fell into a trap of work, work and more work. What I did not consider until after retirement was the need for frequent rest from the grind of being a first responder.

I retired and moved to La Pine in June of 2014 to pastor a church here. I still did not perceive my need for solitary rest until this year. I took a solo tour this June, hitting many remote parts of Oregon. That trek mentally rested and spiritually refreshed me more than any other.

There is Biblical evidence to show that Jesus recharged his batteries by being alone. Mark 6 is full of activity and tragedy. Amid all this, Jesus encourages his disciples in verse 31 to "come aside by yourselves to a deserted place and rest awhile." After their rest is interrupted by the feeding of the 5000, Jesus again sends his disciples away, and himself goes alone to a mountain to pray. Real rest from serving others is important to our overall health, and Jesus knows this. If He can take time away from the demands of being the Messiah, I can take time away from ministry demands and you can from public service. You won't regret it.

*Chaplain Don Manning*

**Come join us on August 9th @ Eagle Crest Golf Course for our  
Annual Golf Tournament**



**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 9, 2019 – 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.



**Upcoming Dates**

**COPC Chaplains Training**  
1st Tuesday each month

**COPC Board Meeting**  
2nd Thursday of each month

Aug 9th 2019 - Golf Tournament @Eagle Crest  
Come join us! [Click here](#)

**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](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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**COPC Chaplains**

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

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- [Skip Hinton](#)
- [Don Manning](#)