# CENTRAL OREGON PUBLIC SAFETY CHAPLAINCY



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

# SEPTEMBER NEWSLETTER

#### I'm FINE

One of the questions COPC Chaplains ask First Responders is "How are you?" or "How are you today?" or "How are you after \_\_\_\_\_\_ (fill in the blank)?" And the answer we often receive is "I'm fine."

Over the years Jim Crowley and I have used a few acronyms for the word FINE such as Frustrated Insecure Neurotic and Emotional or Feelings Inside Not Expressed. We've heard some other acronyms for FINE, but some of those include words chaplains don't typically use.

This level of FINE is where we say "I'm fine." But really means "Help me." We've all been there at one time or another. Here is a link to a GIF (one of those formats where the picture moves):

http://66.media.tumblr.com/tumblr\_m7s76ycPzh1rzqi6vo1\_500.gif

Then there are times we really are FINE. Life or circumstances may not be the best, or easy or fair, but we are processing well and resilience is happening. Everything will be okay, just give it some time and use the healthy resources available.

But what if just as FINE can mean something less than fine it could mean something more than fine? Here are a few examples. (Thanks Kris from RPD)

Fulfilled Impassioned Noble Encouraged
Fantastic Inspired Nonjudgmental Exceptional
Free Independent Natural Enthusiastic
Fabulous Interested Needed Engaged
Fortunate Intune Necessary Excited
Focused Important Nice Eager

This level of FINE is where we thrive, grow, learn, and develop. Abundant life is a term used in John 10:10. James 1:2-4 says we can be joyful when facing trials because the tests faced produce perseverance which helps us be mature and complete, not lacking anything.

How are you today? We really do care. Thanks for who you are and what you do. Chaplain Mike

# CENTRAL OREGON PUBLIC SAFETY CHAPLAINCY GOLFTOURNAMENT Eriday Avgust a 2010 Fagle Creek Bidge Celf

### Friday August 9, 2019 – Eagle Crest Ridge Golf

#### **Sponsors**

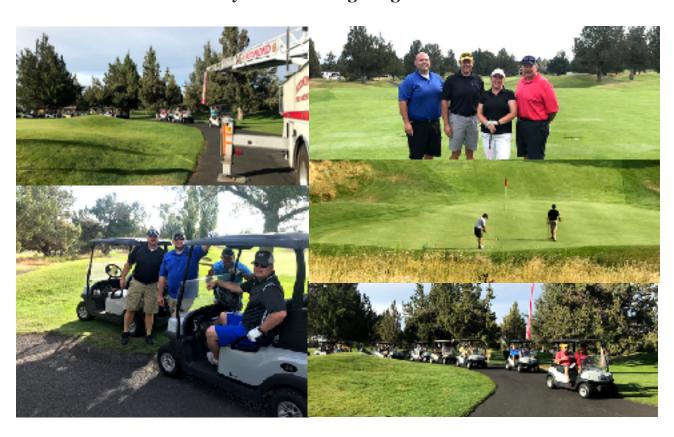
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#### **Donations & Gifts**

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# We had 19 teams this year Thank you for making it a great success!







# **Upcoming Dates**

COPC Chaplains Training 1st Tuesday each month

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

# How can you support COPC?

You can help Central Oregon Public Safety Chaplaincy by using the payroll deduction form that I have attached below.

You can have any amount taken out automatically from your pay check every month that will support COPC.

Please fill it out and return it to your admin office.

# Payroll deduction form - click here

Every little bit helps and we are grateful for all the support from all the First Responders in Central Oregon.

If you have any questions, please email me at joel.p.stutzman@gmail.com.

Click here to connect on Facebook

# **COPC** Chaplains

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

Click on name for contact info.

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