



Central Oregon Police Chaplaincy

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

www.copchaplain.com

The Beat

April 2014

Strategy to Overcome

There are so many opportunities to learn about Investments these days and I continue to sense the stress of a lack of Resources. Many will ignore any conversation or reading regarding Investments. Mainly due to the Resource challenges that we all experience. Many of us as well will shun the conversation due to our just trying to get by - survive. A Strategy to Overcome can be exercised and accomplished when we focus on Investing in the Things we control and not in the things that are trying to control us!!! I have been consumed with two large events recently - High School Shooting and 300 acre 20 plus feet of Mudslide that has taken many lives. I have been trying my best to encourage and listen to the hearts of Chaplains and First Responders that are involved in these and many other events to the point that the events are overwhelming them - me too!!! Coping and evolving through these types of events that are out of control and have little that we can change about them mandates that we stay Healthy. I can't control the events but I do have something to say about what I

invest in - My Wellness, My Integrity - Professionalism - Physical Conditioning - Mental Health - Emotional Stability - My Faith. This time of the year the Christian Calendar Celebrates the Resurrection of Jesus - The Hebrew Calendar celebrates the Passover. My Faith Foundation as a Christian encourages me to celebrate all that Christ has accomplished for me - God's Investment Strategy! I need to continue to invest in my Faith so that I can be healthy when the events that I cannot control try and consume me. What are you Investing in these days to Overcome the Obstacles of Life?

pj

Aloha!

Please join us for a benefit dinner with great food, live music and good company celebrating the work of the **Central Oregon Police Chaplaincy**.

The Delicious dinner will be provided by

Aloha Café Hawaiian BBQ and the musical entertainment will be by CinderBlue!

**Friday May 2nd, 2014
6-9 pm at the
Christian Life Center,
21720 HWY 20 Bend**

**\$25 per person or
\$200 table of 8**

*Casual Dress –
Hawaiian attire
encouraged!*

**To reserve your
tickets or tables
contact Chaplain
Mike Dismore at
pastordiz@juno.com**

2014 COPC GOLF TOURNAMENT

Friday, August 15, Eagle Crest Ridge Golf Course

Entry: \$125.00 per person/
\$500.00 per foursome.

Includes 18 holes of golf,
carts and lunch.

Reserve your spot today. Call
Andrea at 541.390.4970.



COPC had a booth at the Central Oregon Sportsmen's Show. Thanks to all who visited the COPC booth and supported our raffle! **Special thanks to Vortex Optics, Advanced Northwest Welding, Smith & Wesson, Deschutes County Sheriff's Association and Supply Depot for our raffle items.** The raffle items were won by the following:

The Cauldron Ultimate BBQ & Fire Pit w/Disco Cooker Skillet – Carmen Trono

The BODYGUARD® 380 Smith & Wesson & Dynamics of Deadly Force Encounters Class – Ray Jones

The Savage 30.06 Axis XP Stainless Steel Rifle w/Black Stock & Scope – Joe Root

The Vortex Ranger 1000 Laser Rangefinder – Chris Gibson

The Vortex Viper HS Rifle Scope – Brandon Shaver

The Vortex Diamondback 10x42 Binocular – T. Lynch

COPC will be at the 2015 Central Oregon Sportsmen's Show.

COPC Hydro Flasks



Get your COPC Hydro Flask bottles engraved with the COPC logo. They are the 21 oz. bottle with the standard mouth and the 40 oz. bottle with the wide mouth in a number of different colors. **The cost is \$25 for the 21 oz. and \$35 for the 40 oz.**

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.

Trainings

Chaplains Jim Crowley and Mike Dismore are scheduled to teach the ICISF Individual Crisis Intervention & Peer Support course in Portland and Coos Bay. Jim heads to Wyoming in May to teach at the Wyoming Chaplains Academy. Other classes will be taught locally.

COPC Chaplains

The Chaplains of Central Oregon Police 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.



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Police Chaplaincy**