



Central Oregon Police Chaplaincy

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

www.copchaplain.com

January 2015

The Beat

Greetings Happy New Year!

First off - THANK YOU FOR YOUR SUPPORT THAT PROVIDES THE OPPORTUNITY FOR MANY OF OUR CHAPLAINS TO SERVE OUR FIRST RESPONDERS - PUBLIC SAFETY PERSONNEL. We are blessed because of your support.

We are thankful as well for some very gifted and committed Chaplains who serve as a team among the First Responders of Central Oregon.

I have been reading several reflections of the previous years accomplishments and activities were full of events from different disciplines left me with an appetite for the next chapter - where are we going? I was asked that several times when on a day off we would all jump in the family vehicle and take a drive, an old fashion activity to do with your family - only my Bride and I knew where we were really going.

I have used the illustration several times over the years that if you don't have a target to shoot at you can hit that every time. When I practice with my bow at twenty and thirty yards I shoot at a target - golf tees! My

youngest son tells me, "Dad, shoot small miss small!"

What a challenge to look ahead at a brand new year and put some events out there to shoot at - vacations, time off, books to read, faith discipline, health, relationships, clean up my garage, clean up my emails, schedules - the list begins to become overwhelming if we don't prioritize.

ICISF - International Critical Incident Stress Foundation - has groomed our chaplains and many others with a foundation of health that includes managing these five areas for homeostasis in our lives: Physical, Behavioral, Cognitive, Emotional and Spiritual. This helps me to stay focused on the bigger picture - a new year, my life. I began today to identify a book to read this month, an exercise program that I am continuing along with, a lifestyle plan, accountability with a close friend, and discipline for my faith formation - that's what I am shooting at!

Blessings on you as you strategize to enjoy 2015 - what are you shooting at? Philippians 3:13&14

You Are Appreciated

Chaplain Jim

Christmas Eve Service

We were thrilled to have the privilege to use the Aspen Hall property for our annual Christmas Eve gathering with our First Responder Families. We had somewhere around 90-100 in attendance. Families brought their little ones, Santa visited us - a local deputy that has just retired took care of that role - it was an awesome time. It was awesome being there and seeing our family relaxed, laughing and enjoying time with their families. We want to thank the Parks & Recreation Department for helping us make that happen again.



The **Central Oregon Police Chaplaincy** will be at the **Central Oregon Sportsman Show March 5-8, 2015** at the Deschutes County Fair & Expo Center. We are still working with a number of businesses to put together quality items to be raffled off during the event. All proceeds support COPC programs.



***Weekend to Remember
Sunriver Resort
March 13-15, 2015***

***Registration 5-7 PM on Friday;
Ends 12:30 PM on Sunday***

COPC and the Board of Directors are again teaming together with Family Life to assist couples with conference registration. The standard price for this conference is \$349.98 per couple (\$174.99 per person). **COPC is able to make this opportunity available to First Responders for \$249.98 per COUPLE (\$124.99 per person) through a group rate!**

To register go to:

<http://shop.familylife.com/p-3680-sunriver.aspx> then click on "Register Myself and Spouse" and fill in the drop down form with the information requested. In the "Group Name" box type in **JimCrowleyCOPC** (this group name is case sensitive) and then click on "continue" button for the next part of the registration process.

This is for the conference registration only and does not include lodging or meals. Call 800-547-3922 for Sunriver Resort lodging reservations.

**Individual Crisis
Intervention & Peer
Support AND Group Crisis
Intervention Course**

**February 18-20, 2015
8:00 am to 5:00 pm each day**

Course Location:

Deschutes Room; 9-1-1 Building
20355 Poe Sholes Drive
Bend, OR 97701

Cost of the Course: \$175

Cost Includes: Registration,
ICISF Materials & Certificate

This **THREE DAY** course combines the Individual Crisis Intervention & Peer Support AND Group Crisis Intervention material. **Participants must attend all three days.**

Instructors for this course will be Chaplains Jim Crowley and Mike Dismore.

To Register: Make checks payable to COPC.

Send Name, Address, City, State, Zip, Phone # and Email to:
**COPC; PO Box 1898
Redmond, OR 97756**

News & Events

- **COPC Chaplains Training** – First Tuesday each month **usually** from 0900-1200 hours at the COPC office in Bend.
- **COPC Board Meeting** – Second Thursday each month at the COPC office from 0830-1000 hours.
- **DCSO Corrections** – Chaplains Crowley, Dismore, Ely, Jemes, and Michalek continue to meet weekly for a lunch with the Corrections Family.

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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