



Central Oregon Police Chaplaincy

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

www.copchaplain.com

May 2012

The Beat

Resilience

Greetings COPC Family –

What do I do on Purpose to Create or Allow Resilience to Grow? This Month – a little more if you please from the Journal of the American Psychological Association. Here are other great opportunities to assist us with Resilience.

Find positive ways to reduce stress and negative feelings.

Following a stressful event, many people feel they need to turn away from the negative thoughts and feelings they are experiencing. Positive distractions such as exercising, going to a movie or reading a book

can help renew you so you can re-focus on meeting challenges in your life. Avoid numbing your unpleasant feelings with alcohol or drugs.

Look for opportunities for self-discovery. People often learn something about themselves and may find that they have grown in some respect as a result of their struggle with loss. Many people who have

experienced tragedies and hardship have reported better relationships, greater sense of strength even while feeling vulnerable, increased sense of self-worth, a more developed spirituality and heightened appreciation for life.

I have recently listened to a spring as it flows from the ground to create a stream going down the hillside. I've watched the grin and laughter that comes from a child when they are happy – my grandchildren. I've sat and enjoyed the best Latte in the world with my Bride – it all brings self-discovery.

The Focus of my life is my Relationship with God. Here's what the Psalmist proclaimed concerning God's Care for us no matter what we are going through - Ps 121:1 I will lift up my eyes to the mountains; From where shall my help come? 2 My help comes from the Lord, Who made heaven and earth. 3 He will not allow your foot to slip; He who keeps you will not slumber. 4 Behold, He who keeps Israel will neither slumber nor sleep. 5 The Lord is

your keeper; The Lord is your shade on your right hand. 6 The sun will not smite you by day, nor the moon by night. 7 The Lord will protect you from all evil; He will keep your soul. 8 The Lord will guard your going out and your coming in from this time forth and forever. NASU

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Law Enforcement Memorial

Each year, Oregon Law Enforcement family, friends and community members gather in Salem to remember and honor the brave men and women who lost their lives in the line of duty. The Oregon 2012 Police Memorial Ceremony will be held Tuesday, May 8, starting at 1:00 p.m. at the Oregon Public Safety Academy located at 4190 Aumsville Highway in southeast Salem.

COPC • 325 NE Kearney Avenue • Bend, OR 97701

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The Law Enforcement Memorial for all the agencies of Deschutes County will be held Tuesday, May 15, starting at 11:00 a.m. at Newport Bridge Park in Bend. The public is invited to attend both of these services to honor in remembrance those who serve to protect our communities.

Training Opportunities

- **Other Trainings** – Chaplains Crowley and Dismore have been busy teaching Critical Incident Stress Management (CISM) classes over the last few weeks.
- **Alaska** – Chaplain Crowley is scheduled to teach a number of CISM classes for chaplains and others in Alaska in May.
- **Lakeview** – Chaplain Crowley and Dismore are scheduled to teach the ICISF Individual Crisis Intervention and Peer Support class in Lakeview, OR in May.

News & Events

- **COPC Chaplains Training** – First Tuesday each month from 0900-1200 hours usually at the COPC office in Bend. **In May the training will be on Tuesday, May 8th from 0900-1200 hours.**
- **COPC Board Meeting** – Second Thursday each month at the COPC office from 0830-1000 hours.

• **DCSO Corrections** – Chaplains Crowley, Dismore, Jemes, and Wright continue to meet weekly for a lunch with the Corrections Family.

• Gary Bunger Memorial Golf Tournament & Central Oregon Police Chaplaincy Fundraiser

Place: Lost Tracks Golf Club
Date: September 9, 2012
Tee Off: 2:00 PM Shotgun Start
Dinner: BBQ Provided By COPC between 9th And 10th Holes
Cost: \$125 Includes Golf, Cart, Bucket of Balls For Driving Range, Dinner, and Prizes
Format: Best Ball Scramble
Reserve Your Spot Today
Call 541-318-6503 With Your Visa Or MasterCard Information Or Send Your Check, By September 1st, 2012 To: Mountain View Heating; Attn: Buffy; 110 SE 9th St. Bend, OR 97702

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.

Dispatched Chaplain Requests

Chaplain Austin assisted BF&R and BPD with a DOA 04/02
Chaplain Crowley assisted DCSO with Officer Support 04/04
Chaplain Kell assisted RF&R and RPD with a Suicide 04/05
Chaplain Wright assisted BF&R and DCSO with a DOA 04/07
Chaplain Crowley assisted BPD with a Suicide 04/09
Chaplain Crowley assisted BPD with a Death Notification 04/09
Chaplain Kell assisted RF&R and RPD with a DOA 04/13
Chaplain Dismore assisted RF&R and DCSO with a Code 99/Hospital Transport 04/14
Chaplain Jemes assisted BPD with a DOA 04/16
Chaplain Jemes assisted BF&R and DCSO with a Hospital Transport 04/21
Chaplain Jemes assisted BF&R and BPD with a Hospital Transport/Death 04/22
Chaplain Crowley assisted DCSO with two Death Notifications 04/23
Chaplain Dismore assisted RF&R and RPD with a DOA 04/27
Chaplain Dismore assisted RF&R and RPD with a DOA 04/28
Chaplain Jemes assisted BF&R and DCSO with a Suicide 04/30



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