

# The ICPC Journal

A membership periodical published quarterly by the  
International Conference of Police Chaplains ®

DECEMBER 2004

# JOURNAL



“Developing Professional  
Chaplains Through Dynamic  
Education and Support”

## PRESIDENT'S PERSPECTIVE....

A message from Walter Schott, President of the International Conference of Police Chaplains.



### IN GRATEFULNESS

The Holiday Season is upon us, and like a little kid, I am excited, patiently awaiting and wondering! On a personal note, Lola and I will be traveling and spending time with family during the holidays. So what am I doing in the midst of all this anticipation, but counting down the days until our departure! Then, asking the question, "are we just about there?" Once there, will we be going to my favorite (Thai) restaurant to eat?" Obviously, this is the sort of 'kid stuff' that hangs around with some of us adults, but it is an okay thing!

During this very significant time of the year, we are given opportunity to express our thoughts, feelings and anticipation about the Holiday Season. It is a time when joy, love, giving, receiving and high moments of gratefulness and appreciation toward one another prevail. It also reminds us of God's gifts and resources that become life-changing and put us on a course of action to fulfilling His plans for our lives.

As I pause for a moment, I gratefully acknowledge God's gift of life. There are the special blessings of spouse, family, friends, home, place of worship, and community. I have been given the gift of time -- seasons, years, days, moments -- even the clock! In my journey of life, I have been exposed to people with smiling faces, helping hands, and generous hearts. I am grateful for being challenged, motivated and impacted by people who are decisive about their mission, goals and protracted achievements. First and foremost, I have a deep sense of gratitude to God for the purpose and plan that He has designed for my life. Through God's redemptive plan, He has given me faith, hope, and a future that is absolutely exciting and filled with promise. Even though I may have to walk through the valley, I know He is there and totally in control. I am indeed blessed and grateful to live in times like these!

Speaking of being grateful, the ICPC family continues to experience growth in membership. Opportunities for expanding law enforcement chaplaincy programs on the international scene are literally exploding. I am deeply pleased and grateful to the Destin team, Executive Committee, Board of Directors, committees, and chaplains who have a heart and a passion to help move our organization forward.

ICPC has made an impact on many of our lives, helping each of us to become better at what we do as law enforcement chaplains. **In grateful appreciation, please consider a year-end monetary gift to ICPC.**

As you observe and celebrate the Holiday Season with grateful hearts, may you and your families experience anew, the meaning, depth and spiritual significance of these events.

--President Walt

# The ICPC Journal

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Publisher

Dr. Charles R. Lorrain  
Executive Director, ICPC

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## Greetings from our Executive Director.....



Since the wonderful ATS we had at St. Louis, I have had several requests for the comments I made to the general membership at the Tuesday business meeting. Because of this, I have decided to include them in the Journal for those who were not able to attend the ATS. I pray you will find them encouraging and uplifting for the new year!

*Comments to the membership on July 13, 2004*

Members of the ICPC—

I want to take this opportunity to thank you for allowing me the privilege of briefly sharing with you today. I

*(Continued on page 7)*

# CHIT-CHAT

A Members Forum



*From the ICPC staff in Destin, we want to wish each of you a blessed and safe holiday season!*

CHUCK

ADDIE

PAT

RUBY

ROZ

STU

Note: The ICPC offices will be closed for the holidays beginning December 24 and will reopen January 3, 2005

## ICPC Store News

Starting in 2005, ICPC will move out of the “store business” and contract these goods with a private vendor. The vendor is a joint venture between “the Creative Store” and “Keyser and Associates.”

This change is going to benefit the membership of ICPC in many ways. First, the vendor is going to provide a link on our website to a store website where there will be online shopping. Members will be able to purchase all the ICPC goods plus much more right online.

Second, they will be bringing the store to the Annual Training Seminar (ATS) each year where items may be purchased right then and there.

Third, this will actually generate some income for the ICPC.

**Because a vendor is now going to be handling our ICPC merchandise, there can no longer be any unauthorized use of the ICPC logo by members on goods outside of the store.** This will ensure the quality of the goods sold will remain constant and that the store will remain profitable to the ICPC.

Keep an eye on the website for the new store after the first of the year!

# TEARS

By: Chaplain Dan Nolta, Past President—ICPC

We stood in a circle, the other chaplains and I. I prayed, the tears came. I cried. I cried for our common calling, law enforcement chaplaincy. I cried for our collective experiences. I cried for their loss of a Deputy from their Department. I had just written a newsletter article about tears and there I went again, shedding some more.

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## “Real Men Don’t Cry”.....

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Sometimes I am self conscious of my tears but I am never ashamed of them. They were not a part of my genetic makeup, not learned behavior from my family of origin, but still a very real part of my life. They are there, for everyone to see, even as I stand in front of the banner that loudly proclaims, “Real Men Don’t Cry”. And I say, “Oh, yes they do.”

I was with a “real man” a few weeks ago at lunch. He is one of the world’s fine human beings and we enjoy lunch together from time to time. Oddly enough, one of the topics of conversation that day was tears. It is one thing among many that we share together.

I think that is one of the reasons we are friends. I recognized in him when we met, almost twenty years ago, that his tears were as close to the surface as mine. During the many years of our friendship, we had never talked about our propensity to tears’ but that day, over some really good teriyaki, we talked tears. No, not the break out bawling, fall on the floor, sobbing kinds of tears. We talked about the kind that flow from your heart, slip from the corner of your eyes and slide down your cheeks ever so quietly.

Those tears come so readily. A quiet moment watching television and a Hallmark add comes on, tears slide down. I am so unsuspectingly driving down the street and I get ambushed by a man in the crosswalk. He is gently holding his little daughter (I guessed that) in her pink snowsuit...she looked my way and waved her fat, dimpled little hand at me. The tears slide down again. Happy tears like that are really kind of fun and sure do feel good.

There are the tears that come from the awful circumstances of life. The kind of circumstances to which the police, fire fighters and chaplains respond. They are never happy things, the fire burns down the “Hallmark home”, the little girl is shamefully abused and beaten by her father. The tears that come in those moments are tears that are hot with anger, frustration and bewilderment, “How could he?”

But why do I tear up so often and so readily? The explanation seems so simple. **When the barrel is full it only takes one more drop to make it overflow.** The explanation to my friend was that simple and that quick. That is why we shed

tears in the happy times as well as the sad. Our barrels are full. His is full from his orphan childhood, two tours of combat duty in Viet Nam,

a failed marriage and lots of years in law enforcement. Mine is full from childhood experiences, blessings that are mine without reason or deserving them, and thirty years of tending to broken hearts and broken bodies as a police chaplain.

I have often felt like I am full of tears to that line that is marked on the barrel just below where my eyes are. Is that abnormal? Am I neurotic, certifiably mentally ill, suffering from PTSD, secondary traumatization, delayed post traumatic stress or one of those other fancy terms that have taken on new meaning in recent years? No, I don’t think so. I will admit to some compassion fatigue settling in at this thirty-year mark but not the other stuff.

As I stood in the circle with those chaplains the other day, ringing in my ears were their almost off hand comments about the calls they recently had. I know chaplaincy calls and all of them have to do with dead people. People dead by homicide, suicide, accident, hanging, shooting, stabbing, burning, beatings...and that isn’t even the worst of it. The worst of it, worse than what happened to the dead person is dealing with the grieving family members left behind. It is the dealing with their tears of anguish, disappointment, hurt, hopelessness, helplessness and profound sudden loss that leaves them to be swept up and put into a basket and held these till the crisis passes and they can begin to function again.

That is what fills the barrel...So frequently dealing with those left behind that there is no time to grieve in between the tortuous encounters. There is no time to drain the barrel and so it continues to fill and fill and fill, until every day, every moment of that day, one more drop and the barrel overflows.

Are the tears a bad thing? No the tears are the draining of the barrel, at the appropriate time and in the appropriate place. The level of the barrel goes down and is ready and able to take in some more.

My friend sharing teriyaki or Mongolian beef or whatever we lunch over, let’s continue to be sensitive to our world; sensitive enough to shed tears. My fellow chaplains, please do the same. Please keep emptying those barrels so you can continue to do those most important things you do. Let us remember, when we shed tears we are in good company, “Jesus wept.” John 11:35



# A Chaplain's Reflections Through the Smoke and Mud

By: Chaplain Greg Smith, CMC  
San Bernardino County Sheriff's Department, California

These are the times that try men's souls-

And mettle ...  
And stamina ...  
And commitment ...  
And strength of character ...  
And strength of faith ...

As we look back over the recent year, many, many areas of our nation have been hit hard, and many devastated by disasters of every kind – whether the fires and mud slides here in the Southwest, the floods, the terror threats, the on-going mass-casualty events seemingly everywhere.

Southern California is somewhat of a unique area in our nation. Rain is something that is not always recognized on sight! For most of the year, everything is extremely dried out and



“golden” looking – after all, California is called the Golden State!

On October 25, 2003, after several years of drought, the arsonists went to work. For more than two weeks the fires burned – and burned – and burned. The weather was perfect for fires, they told us, and the winds whipped the fires ferociously. In the end, thousands of homes had been destroyed, thousands of families saw their lives irrevocably changed, and many had died, including rescue workers trying to save others.

From my viewpoint about 70 miles east of Los Angeles, surrounded by mountains, little was visible that had not been transformed to ash. Many of my friends had been evacuated or lost their homes and businesses. After weeks of

having the night sky lit by fires, eventually the weather changed, and the fires were finally suppressed. But for hundreds of miles, as far south as San Diego to well above Los Angeles, and east through our county, devastation was the scene.

As soon as the fires began, our chaplains were called to action. I was actually already deployed on a federal disaster team training weekend when the call came, so strangely my mind was already in a disaster mode.

Some, like me, were deployed with the evacuation teams, working feverishly ahead of the advancing flames, knocking on every door throughout the mountains and threatened communities, to get everyone evacuated. Other chaplains were directed to staging areas to be with the fire crews and law enforcement personnel, soon from hundreds and hundreds of miles away from their homes. Yet other chaplains responded to the many evacuation centers that were set up to receive those who fled the advancing fires.

Without needing a nudge, the “heart of the chaplain” kicked in, and soon we had calls from chaplains all over California, asking how they could help, and where to respond. I only wish there had been some way to record all of the agencies whose chaplains worked throughout the long weeks so we could properly say, “Thanks for a job well done.”

For several weeks after the fires, dislocated families remained at the evacuation centers, and chaplains of many faiths were there around the clock to comfort, encourage, and provide whatever assistance we could, along with all of the many helping agencies that worked to help get these people's lives back on track to recovery. I personally saw many people I have known over the years. One young man came up to me and introduced himself

by saying “you were my Scoutmaster 20 years ago!” and he introduced me to his family there at the evacuation center.

With heartbreak often come tremendous blessings for chaplains. Sharing pain is not always painful in itself. But, being well trained from many other disasters,



we took care to not let each other put in too many hours without a suitable break. And, when it was all done, at least in our department, our wise Chaplain Commander, Bill Heffernan, saw to it that a debriefing was held for all who had worked the disaster.

Then came Christmas Day. And the sky opened up again, and the water found all the barren soil with no plant life to hold it back. A wall of mud came through a foothill area, nearly destroying a small town, and sadly killing nearly a dozen people at a campground.

Rescue workers, law enforcement, and their chaplains – hundreds and hundreds responded once again to a devastated community.

This, I know, is a picture repeated very often across our land: people in trouble, chaplains there to help. As I write this, we are in the midst of another torrent, and my car is full to the roof with Search and Rescue and survival gear once again. And I know that, whenever the situations arise across our nation and throughout the world, whether a flood in California or a suicide bomber in Israel, there will be humble, dedicated servants called “Chaplains” who will respond to those in need, and will serve honorably those who serve.

Thanks for all you do, and for a job well done.



# Chaplaincy from an Officer's Perspective

By: Sgt. Craig Hungler, President-Elect—ICPC

Over the past 14 years as I have been involved with our chaplaincy program, it has shaped who I am as a law enforcement officer. It is hard to imagine an agency without the benefit of a chaplain.

I remember my career prior to our chaplains being on staff. I remember the countless number of times being involved in situations which were tragically changing someone's life and thinking, "There has to be a better way." The stress of an intoxicated person walking towards my partner and me as he lowered his shotgun towards us still sticks in my mind as vividly today as it did when it happened 17 years ago. I doubt that moment would have such an impact if our chaplain program would have been in existence at that time.

A well-run, well-trained chaplain program is vital to the long term health of any law enforcement agency. The existence of a professional chaplain program within an agency relieves the cop on the beat to focus solely on his job. Knowing that the chaplain is there to provide the care for victims of crime brings about calm within the officer. Cops for the most part are not trained in handling traumatized victims of crime, or grieving family members of the victim. Nothing irritates the cops that I know more than being expected to handle a task for which they are not trained. In a critical situation to have a chaplain on scene brings calm over the officer, once again allowing him to focus on the task at hand.

"The Ministry of Presence", a term which is heard constantly inside the ICPC, cannot be reiterated enough. This is truly the key to a successful program in the eyes of the cops I work with, and I would be so bold as to say, most cops everywhere. While I know that silence can be excruciating, it can also be tremendously therapeutic. The best chaplains I know are the ones who truly have a servant's heart, sometimes this means saying nothing at all, but maybe

getting a cup of coffee. That action of providing for an officer who has just been involved in a shooting will have a life-long impression on that cop. He or she will forget a myriad of things that take place in the chaotic aftermath of a critical incident, but they will not forget the chaplain providing for them.

The law enforcement officer's family can also benefit from a chaplain program. Training for spouses and children of law enforcement officers could cut down on the multitude of problems that cops get themselves into on a regular basis. We have long known the changes that an individual goes through at the five-year mark, ten-year mark, etc. Imagine how many marriages could be saved if that information was shared with the families before the changes take place. Imagine how many kids would love to hear there are other kids out there facing the same peer issues because a parent is a cop. Many law enforcement families do not understand the bond of being a part of the "family of the badge". They do not understand the connection that mom or dad has to other cops they have never met. They do not understand why, when one cop falls, we all grieve. This was so poignantly evident at a recent law enforcement officer's funeral that I attended in Marion, Ohio. Deputy Brandy Winfield was executed on a Thursday morning; the following Monday his young widow, Sara Winfield, stood in front of a coliseum full of uniforms. With tears and a quivering voice she said until that very moment she never understood what connection Brandy felt to men and women doing the same job that he had never met - suddenly she got it. The chaplain program can help a family "get it" through gatherings and educational seminars.

The chaplain program gains acceptance slowly, but with faithfulness to the call of law enforcement ministry, one will eventual become a part of the family. The most discouraging thing when entering the field of chaplaincy is the feeling that

you are not being taken in by the troops. Remember that to be provided access to our world, on this side of the "thin blue line", you need to earn your credibility. Not to sound arrogant or pompous, but it is a reality. If it makes it easier to accept, rookie cops go through the same exact process of earning their entrance into the law enforcement culture.

In 20+ years of law enforcement I have seen many officers with no foundation of faith. I worry about those officers in this situation, especially the young officers. We all know the stress factors a cop faces and the letdown after a couple years realizing they will not change the world. But many of them have poured themselves completely into the job, neglecting all other aspects of their life. Then when reality hits and they leave the job, they have nothing to fall back on; this is especially where the chaplains can be effective. The chaplaincy can try to make sure the cops in their department are paying attention to the other "glass balls" of their life. I think it was a chaplain friend of mine, Father Mike McCullough who painted the image of a whole person consisting of three glass balls. Those balls represent the three areas of life, PHYSICAL, MENTAL AND SPIRITUAL. Many cops focus on one or two of these areas and neglect their own spirituality, letting that glass ball fall and break. Joseph Wambaugh says that a law enforcement career represents a "daily drop of corrosion on one's soul". The chaplain's job according to McCullough is to deposit "a daily drop of grace on the officer's soul". What a beautiful picture of how much a chaplain can impact a cop's life.

Participating in chaplaincy also has tremendous impact on a cop's family. My family, as an example, has become life-long friends with so many people around the world due to chaplaincy and the ICPC. The chaplain program has provided me a unique and exciting opportunity to mix my faith with my called profession.

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For some reason God has called me into the field of law enforcement, but more importantly I think he has called me into sharing my faith and spirituality while working within the law enforcement world. He has called each one of you into that same exciting world of law enforcement ministry. Who and what you represent is vitally important to my brothers and sisters who wear the badge in your home jurisdiction, even though most will never tell you. Your ministry of presence is noticed and appreciated. From the bottom of my heart I say Thank You to everyone who ministers to my law enforcement brethren.

May God's peace with you!



*Sgt. Craig Hungler is a 20 year law enforcement veteran with the Dublin Ohio Police Department. He is President-Elect for the ICPC and will take office in July of 2005*

## Remember.....

The 2005 Annual Training Seminar will be in San Antonio—  
July 11-15

Crowne Plaza Riverwalk Hotel  
1-800-227-6963

Mark your calendars today!!

(Continued from page 2)

have submitted a formal written report from my office which you will find in the blue covered written reports you received at registration. But I wanted to share some other thoughts not outlined there....a little about the "State of ICPC", but more about words of encouragement, exhortation and the "State of Chaplains". This is because as chaplains, we need this encouragement yet seldom receive it. As chaplains it seems we give, give, then give some more and we have very few people speaking encouragement into our lives. The sad fact is that despite all that we do—most people really don't know what we do or what we're all about.

You see most don't know that in a world of cynicism, chaplains offer hope. In a world of confusion, chaplains offer truth. In a world of immorality, chaplains offer values. In a world of neglect, chaplains offer attention. In a world of abuse, chaplains offer safety. In a world of ridicule, chaplains offer affirmation. In a world of division, chaplains offer reconciliation. In a world of bitterness, chaplains offer forgiveness. In a world of hate, chaplains offer God's love.

Often, this is an undaunting task; and to accomplish this chaplains have to refuse to be dismayed, disengaged, disgruntled, discouraged, or distracted.... there is no place for that. They cannot look back, stand back, fall back, go back, or sit back....they have to be moving forward. They should not need applause, flattery, adulation, prestige, stature, or veneration. They should not have time for business as usual, mediocre standards, small thinking, outdated methods, normal expectations, average results, ordinary ideas, petty disputes, or low vision. They must not give up, give in, bail out, lie down, turn over, quit or surrender. I tell you this--chaplains are the strongest people I know if they are true to their call.....

We must be ever mindful of this call, however, and look inwardly to guard against things or attitudes that can negate who and what we stand for. It brings tears to my eyes when I hear someone speaking about chaplains, and in the same breath I hear the words like "agenda", "arrogance", "uncooperativeness", "narcissism", "jealousy", to mention but a few. As chaplains, we should be the most self-sacrificing, accepting, loving, non-judgmental servants around, yet, sadly this is not always the case....we must continually look to guard our hearts and minds in order that these kinds of things don't creep in.

The ICPC is working very hard in supporting you, the chaplain, at the grass roots level and bringing your profession to a new level. We are in a transition period that started a year ago, and in which, I hope and pray, you are starting to see a difference. If you're not, I need to hear from you and hear what you think we are missing—but be patient with us. We are going to continue to progress along this continuum over a period of the next few years with some new and innovative methods that will make it mean something to belong to the ICPC.

I assure you, we will not die-on-the-vine because of thinking like "we've never done it that way before" or "we can't do that".....every roadblock, every obstacle is just another opportunity. I promise you that we won't just throw up our hands and throw in the towel at the first sign of difficulty.....

We have approximately 2800 members in 16 countries worldwide--and we **are** moving forward. I think about it a lot in terms of the "ICPC River" ..... some are not quite sure where the ICPC river is going yet, so they are only willing to get their feet wet on the edges and watch the river go by.....while others enjoy the ICPC river, but only want to wade out waist deep—not quite willing to really commit...but then there are those that love the ICPC river and want to jump in and go with the flow wherever the ICPC river is going to take them--they are going to enjoy the ride and get others to do likewise.....

So be strengthened this day—guard your hearts and minds.....and I encourage you to jump in and go with us as we are moving forward! This is your organization and we want you to be part of it and proud of it!

—Dr. Chuck Lorrain



## When Our Helping Turns To Hurting: Keeping Ourselves and Those We Help On Track

By: David J. Fair, D.Min, BCETS, CTS

When an officer has been involved in a shooting or similar critical incident, he or she wants to talk about the event in terms other officers can relate to. Even lesser traumatic events become war stories.

However if the officer was personally impacted by the event, most choose to sidestep discussions about that part of the incident. Most anyone who has been traumatized tends to stay away from the worst part of the incident. It is very uncomfortable, often filled with sheer terror. When we veer away, it is called, “stuffing down”, or suppressing. Yet at the appropriate time the officer needs to recall those thoughts, feelings and emotions as part of the emotional healing process.

But what if the Chaplain unknowingly steers the officer away from what is helpful? From what needs to be talked about, vented? How could that happen?

We must remember as Chaplain, we have seen and heard heavy doses of grief, tragedy, and trauma in our job. In addition for those Chaplains who pastor, they have the added weight of the church to deal with. That’s a pretty heavy load. To top it all off, we have likely been involved ourselves in critical incidents. So we know first hand what it is like to shy away from thinking about or talking about certain events or issues. When you couple the stress of an officer with trauma the Chaplain may be harboring, it can be a recipe for disaster. Because everyone may be “on their last nerve”, including the Chaplain, sometime we tend to guide the officer away from the subject at hand that needs to be talking about, explored.

If the Chaplain’s “gunny sack” is full and we feel we just can’t take any more, subconsciously we may be veering the officer we are trying to help away from his trauma. Chaplains, because of our own unresolved trauma may be so uncomfortable with the way conversation is going, that we change the direction of the discussion sometimes without realizing it. If Chaplains are not aware of this point it can cause them to do more harm than good while trying to help officers and victims.

Here is a checklist to use to find out if you should back out. The list can help determine if you are negatively reacting to a conversation. It is a red flag that can alert you prior to veering off path, taking the officer with you.

- (1) Are you becoming more uncomfortable with the conversation the closer it comes to the worst part of the trauma?

- (2) If you are meeting with the officer several times, do you find yourself dreading the next meeting?
- (3) During discussion of the trauma do you find yourself either becoming angry or blaming the officer’s actions for the bad part that happened?
- (4) During the conversation are physical symptoms you don’t normally notice manifesting themselves?
- (5) Are “issues” arising during the conversation you aren’t usually concerned with?
- (6) Did you have a flash back, or a “rerun” of some past event in your life?
- (7) Are you experiencing a “free floating anxiety”, you can’t tie to something specific in your current life?



If any of these things red flag, you should immediately take a break to collect your thoughts. There is an important choice to make at this time. Are you able to recognize what is happening to you? If so, are you ok with forging ahead being careful not to let the conversation veer off track? Are you able to return to the discussion?

If in fact the discussion has triggered something in you, it may be advisable for you not to continue. The first law of being a Chaplain has to do with your own safety physically and psychologically. You must take care of yourself. Even if you are aware of what is happening, but you feel an accelerated amount of stress, you are wise to back out. There is no sin in letting someone else work with this officer or victim.

How does a Chaplain keep this “veering into the bar ditch” from developing? The first thing we must do is deal with our own trauma. There are likely chronic issues from the past, these may take longer to address in a healthy manner, but new critical incidents as we experience them should be dealt with right away.

I wrote an article several years ago called Chaplain Cumulative Stress Syndrome( ICPC Newsletter). I pointed out Chaplains not only experience trauma just as officers do, they also hear a lot of second-hand trauma. Add that to normal situations you deal with in public ministry and you have a heavy load to bare.

It is important to understand, Chaplains act as shock absorbers. Tending to absorb all of the impacts of everyone else’s trauma, yet you can’t pass it on. As a result, if Chaplains don’t empty

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## Surviving the losses of Cancer

By: Jan Borgman, LISW, CT

Cancer—one of the few words in our language that can cause people to freeze in their tracks. The diagnosis of cancer changes one's life forever. Cancer is something that happens to others but not to *us*. While great strides have been made in treating cancer, too many people continue to die from the disease. Each year nearly 1.4 million new cases of cancer are diagnosed in the United States. It is estimated that 600,000 Americans will die from cancer this year, or 1,500 cancer deaths per day in the United States along (American Cancer Society, 2004).

*Mary's family changed forever the day she was diagnosed with metastatic breast cancer. Mary, her husband Bob, and their three teenage children needed to hold out hope. There have been so many breakthroughs in the treatment of cancer, they could only hope that Mary's advanced cancer would respond to one of the new medications. Their lives became consumed by her illness.*

When one person in the family is diagnosed with cancer, the entire family is diagnosed with cancer. The life of the family revolves around doctor appointments, treatments, blood counts, infections, tests and other cancer-related activities. Families of cancer patients do not deal with anticipated grief due to the need to remain hopeful.

Many individuals or families who are grieving the death of a loved one from cancer find that their grief may be minimized by others who feel that "they should have known" that their loved one was going to die. Most cancers do not take a life quickly, but most families will deal with the cancer over a course of months, if not years. In our quick-fix society, families dealing with cancer may be expected to deal with the anticipated death and "get over" the death of their loved one quicker.

*Like so many families whose lives are touched by cancer, Mary's family became her caregivers. Bob had to cut back his hours at work and their oldest daughter took a semester off from college to help care for her mom. As Mary's cancer progressed, the physical impact became more visible and the loss of self-image took its toll. Mary's body changed as she lost weight. Surgery altered her appearance. She experienced hair loss, fatigue, decreased appetite and incontinence during her treatments. With each loss, Mary and her family had to grieve another change.*

The reality of most cancer-related deaths is that family members become caregivers to the cancer patient. Since cancer treatments

can strip a person of their energy, the roles of family members often change. The cancer patient may have to take a leave from work or quit a job, impacting the family financially. They may no longer be able to manage the house or yard or be able to participate in childcare. Members of the family may have to change their lives in order to pick up added duties with the family.

*For the past 10 months, Mary's family cared for her at home. Her cancer did not respond to the treatments. Her family watched her struggle with the pain and disappointments. With each passing day, the family experienced another change, another loss. Mary died at home with her family at her bedside. Her children grieved the things their mom would not be a part of—graduation from high school, college, marriage, birth of their children. Bob and Mary planned to retire when the kids were out of school and travel to Europe and across the United States. Now their dreams have ended and Bob wonders how he will survive the death of his wife and best friend.*

Recent studies indicate that the stress of caring for a seriously sick family member at home often inflicts harm on the physical and mental health of the caregiver. Eighty percent of home care for the sick is provided by family caregivers (U.S. General Accounting Office, 1994). Among the problems described by caregivers are depression, sleeplessness, a sense of isolation, family tensions, and grief over shattered dreams.

**"When one person in the family is diagnosed with cancer, the entire family is diagnosed with cancer"**

In dealing with the death of a loved one from cancer, it is important to look at the secondary losses experienced by the bereaved. The death takes away the role of confidant, supporter, lover, friend, security, future, dreams, etc. Even the role of caregiver may end or change as roles are redefined. The secondary losses will be experienced over a lifetime as reminders of the death resurface.

An anonymous poem called "What Cancer Cannot Do" states "Cancer cannot: cripple love, shatter hope, corrode faith, destroy hope, suppress memories, kill friendships, silence courage, invade the soul, steal eternal life or conquer the spirit." I like to encourage cancer survivors that cancer cannot:

- **Cripple love.** Hold the memories of your loved one close to your heart. Your loved one will continue to live on in you.
- **Shatter hope.** Even though your loved one died, their spirit and their love will help you through your grief.

*(Continued on page 13)*

*In Memoriam*  
**Chaplain David P. Mahn**

Beloved husband of  
Joyce Mahn  
Died: August 12, 2004  
Condolences:  
5 Cynthia Road  
Canton, MA 02021-1308

*In Memoriam*  
**Chaplain Warren  
"Cal" Leonard**

Beloved husband of  
Catherine Leonard  
Died: September 7, 2004  
Condolences:  
506 15th Ave S.  
North Myrtle Beach, SC 29582

*In Memoriam*  
**Chaplain Reinaldo "Rey"  
Deynes**

Beloved husband of  
Edna Gonzalez  
Died: October 3, 2004  
Condolences:  
Calle 20, Bloque 20 #15  
Sierra Bayamon, Bayamon P.R.  
00961

**ICPC Auxiliary Newsletter**

The ICPC Auxiliary newsletter is put out quarterly to keep the members of the Auxiliary connected and informed.

Effective this date, the Auxiliary newsletter will now be available to everyone on the ICPC Website. So both the chaplain and Auxiliary member can now stay informed.

Any questions relative to the Auxiliary newsletter may be directed to:

Diane Ballard  
ICPC Auxiliary Newsletter Editor  
idlady@cox-internet.com



**A message from Stu Nelson  
Director of Fundraising and Marketing**



Once again it's time for me to just put a plug in for the needed financial support for ICPC. As we approach the end of the year, many of you will be praying about a "year-end-contribution" to ministry, and I'd ask you to prayerfully consider ICPC. In order for ICPC to be the extension arm of law enforcement that we want to be, we need additional dollars to maximize our effort.

God has blessed most of us with the resources to be that extension of Himself to others. We live in the midst of an abundance that the vast majority of the world can only dream about. Do we live as though it's all ours, or do we see that we are simply stewards of the treasure God has provided? The Scripture speaks strongly, "to do good and to share with others, for with such sacrifices God is pleased." (Hebrews 13:16) For example, during our move from one office to another, I was discussing how one of our African members could not afford his yearly dues. Before I could even finish telling the story of this need, a police officer helping with the need handed me the needed \$5.00 bill to cover the cost. Never underestimate the value of your gift. It's true, "little is much when God is in it."

So just let these simple words be a reminder that I believe in you and your mission, and ICPC is strengthened through your prayers and financial support.

From Lorraine and I: have a very blessed holiday season. We look forward to partnering with you in ministry over this next year!



**Anger makes you smaller,  
while forgiveness forces you  
to grow beyond what you were.**

—Cherie Carter-Scott

# On the International Scene



## Estonia

Dear friends,

First of all let me say a big thanks to the whole ICPC for giving me the wonderful opportunity to participate in this year's ATS in St. Louis. I was one of the two international scholarship receivers. Without this scholarship I would have not been able to be there, and would thus missed such a great insight to the Police Chaplaincy – a thing new to us here in Estonia.

As for those who don't exactly know where Estonia is (it actually was a popular question in St. Louis): it's in Northern Europe, bordering to Finland, Sweden, Latvia and Russia.

Estonian Police Board (yes, we have a National Police Force) hired me in the beginning of this year to do some research as to whether or not we need a Chaplaincy in our Police. The two weeks back home after the ATS I spent writing them my report, presenting them with an overview of three different models of Police Chaplaincy (the USA, Swedish and Jamaican models) with brief analysis about the possibilities of applying them to our Country.

The directing group of our Police Board considered the matter in 12th of August this year. Their decision was not to hire any chaplains for policemen yet, but to first see chaplains in action in two ways: First they asked me to arrange with Estonian Prison Chaplaincy some chaplains to work in Police Jails: both with inmates and the officers (just as they do in our prisons). That way other policemen can see if chaplains are of any good and if they are, well... I guess we'll have to notify the directors of the Police Board then.

The second area the Police Board decided to test chaplaincy is victim support. Last year Estonian Parliament passed a new Victim Support Law by which they among other things decided to create 36 jobs for victim support personnel. We are now hoping to get some of these jobs for chaplains: Police is willing to give those chaplains free offices in Police departments and if the Ministry of Social Welfare agrees to support our plans, we will have in bigger towns something like community chaplains: counseling the victims of crimes, delivering death notifications etc. Since they will be working very closely with the Police, it will probably be as close to Police Chaplaincy as it can get here right now.

Please, keep praying for all this to become a reality since we still have to convince the Ministry of Social Welfare, find the people with calling and so many other things.

May God bless you all richly!

Toomas Nigola  
Tartu, Estonia



Map of Estonia



Toomas Nigola with the Hungler family



### International Conference of Police Chaplains

*"Serving All Law Enforcement Chaplains"*

P.O. Box 5590, Destin, Florida 32540-5590, United States of America  
850-654-9736 fax: 850-654-9742 email—icpc@icpc.gccoxmail.com



### Application for International Scholarship to the Annual Training Seminar

Scholarship may include registration fees, room (shared with another chaplain) and a food allowance while at the ATS. *The ICPC does not pay for early or late stays outside the time-frame of the ATS. Applicants are responsible to obtain their own transportation and visas.*

Name: \_\_\_\_\_ Telephone \_\_\_\_\_

Street address \_\_\_\_\_

City \_\_\_\_\_ Country \_\_\_\_\_

Email \_\_\_\_\_ Fax \_\_\_\_\_

Law Enforcement agency serving: \_\_\_\_\_

Agency address: \_\_\_\_\_

\_\_\_\_\_

How long have you been a chaplain with this Department? \_\_\_\_\_

What is your status (please circle) Full-time, Part-time, Volunteer, Liaison

Are you an ICPC member? \_\_\_\_\_

Have you attended an ATS before? \_\_\_\_\_ If yes, when? \_\_\_\_\_

Annual Salary: \_\_\_\_\_ Exchange rate with US currency: US\$ 1.00 = \_\_\_\_\_

.....  
**On a separate sheet of paper, please answer the following questions:**

(please print or type)

- (1) Why are you applying for this scholarship assistance?
- (2) What do you hope to achieve by attending the ICPC Annual Training Seminar?
- (3) In what ways will your attendance benefit (a) your program and (b) your department?

[This application needs to be endorsed by the Head of your Department/Supervisor.]

*I endorse this application for scholarship assistance from the International Conference of Police Chaplains for attendance at their Annual Training Seminar and commit my support for the chaplaincy program.*

Signature (Head of Department): \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

> > *Application must be received in the ICPC office in Destin, Florida, USA by APRIL 1st.* < <

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(Continued from page 8)

their “gunny sacks” on a regular basis they are heading for an emotional meltdown.

Chaplains who are directly involved in an incident must not participate as a debriefer or peer in debriefings, defusing, or similar interventions conducted as a result of the incident. This is a major mistake that is made. It re-traumatizes the Chaplain.

At Ground Zero after 911, Chaplains were not allowed on the pile for any reason other than to pray for remains. We were not to become part of the search or recovery operation. It is important for everyone’s mental and spiritual health to deal with our traumas.

Chaplains need a Chaplain and know when to refer ourselves to another Chaplain, or mental health professional. When we continue to experience reactions even after we have self terminated working with the officer, then something else may be going on.

We all need to keep the “well water” clean. Running water tends to stay much cleaner. So if we are venting and moving forward ourselves, that’s great. But if we get stagnant and dam up the flow, we have poisoned our own well water, and anyone drinking from it becomes “infected” from our own trauma. We contaminate anyone we try to help.

In Texas, those of us who are Chaplains for the Texas Department of Public Safety Critical Incident Team are able to seek out the department’s staff psychologist, Dr. Frances Douglas. She has been a great help to those of us needing to empty our “gunny sack”

Don’t complicate someone else’s trauma. Don’t make yours worse. Seek out a competent professional for yourself when needed.



.....  
*Dave Fair, is Director of Chaplain Services for the Brownwood (TX) Police Dept., and the Brown County Sheriff’s Department. With almost 20 years of law enforcement chaplaincy experience, he was deployed to Ground Zero after 911, and to east Texas following the space shuttle disaster. Board Certified as an Expert in Traumatic Stress, he is a Certified Master Chaplain with ICPC. Fair is a licensed Texas Peace Officer. For more information on this work in Texas visit [www.crisis-chaplain.org](http://www.crisis-chaplain.org).*

(Continued from page 9)

- **Corrode faith.** Some find comfort and strength through their faith while others may question their faith and feel angry. It is okay to find comfort through faith *and* to be angry. Having something beyond yourself can help refocus your feelings.
- **Suppress memories.** If you had not loved someone so deeply, you would not be grieving. Memories of better times can help you feel their love.
- **Kill friendships.** It is important to allow others to help during your grief. True friends will be there even in the midst of pain and despair.
- **Silence courage.** It takes a lot of courage to grieve the death of a loved one. It will be the hardest thing you will ever face.
- **Invade the soul.** While life as you have known it has changed forever, your loved ones will remain in your heart. Who you are has been impacted by their love.
- **Steal eternal life.** Love is eternal. As you learn to redefine your life, your loved ones will remain a part of who you are. They will be a part of your new life.
- **Conquer the spirit.** Initially, your spirit may be shattered by the death of a loved one, but as you reinvest yourself in life, you will come to recognize how resilient your spirit is, and their spirit will help you find a way to get through the pain of grief.

The first three letter of cancer are c-a-n. It is important to remember when dealing with the impact of cancer that survivors **can** get through the grief, **can** keep the memory of loved ones alive, and **can** find a new life. Just as a cancer diagnosis redefines life for the cancer patient and their loved ones, a death from cancer can do the same for those left behind.



#### References

- American Cancer Society: (2004). 2004 Annual Report:.....  
Facts & Figures. Atlanta, GA: Author.
- U.S. General Accounting Office. (1994). Surgeon General’s Report. Washington, DC: U.S. Government Printing Office.

#### About the Author

*Jan Borgman, LISW, CT, is Director of the Grief & Bereavement Institute, a program of Cancer Family Care in Cincinnati, OH. Jan can be reached at [borgm10126@aol.com](mailto:borgm10126@aol.com).*

*Printed with permission: Association for Death Education and Counseling (ADEC)  
Source: The Forum, Volume 30, Issue 4 Oct/Nov/Dec 2004*

# Book Report

Often we hear from new chaplains the desire to purchase books that would help them in their ministry, but they need recommendations. The following books would be great in any chaplain's library!

1. **CopShock "Surviving Posttraumatic Stress Disorder"** By Allen R. Kates ISBN 0-9668501-0-6

*CopShock* reveals how to prevent or manage dangerous PTSD symptoms that can destroy a police officer's career and family life. Recommended by trauma experts, this easy-to-read book:

- Prepares police officers for the aftermath of horrific trauma
- Helps families understand PTSD's effect on their loved ones
- Tells true stories of officers—men and women—with PTSD
- Offers over 200 international support resources

2. **I Love a Cop** By Dr. Ellen Kirschman ISBN 1-57230-192-9

*I Love a Cop* is uniquely designed to help cops and their loved ones cope with the stress of police life and work. Filled with practical information and guidance, it serves as an aid to both problem prevention and problem solving.

3. **Ripples of Suicide** By Chaplain Harold Elliott ISBN 1-56796-012-X

*Ripples of Suicide* deals with the effects of suicide on those left behind, and reasons for living to be learned from the dead.

## ATTENTION

The ICPC is getting ready to go to print on its 2005 Membership Directory. This Directory serves as a vital link between chaplains and fills many important purposes. However, it is only as useful as it is accurate. It is incumbent upon the individual member to make sure that the Destin office has your most current and up-to-date information. In today's world where we seem to change numbers like we do our clothes, people sometimes forget to inform others of these changes. Therefore, please use the form below to make any changes to your membership information. **The deadline to make changes to your information will be December 31, 2004.**

## MOVING?

Please fill this out and return promptly if you are moving or if you have a change of information. Send to:

**ICPC**  
**P.O. Box 5590**  
**Destin, FL 32540-5590**

- I'm moving. Please change my address as indicated below.
- I've changed a number or email address as indicated below.
- I've changed other information as indicated below.



\_\_\_\_\_  
 Name (please print)

\_\_\_\_\_  
 Street Address

\_\_\_\_\_  
 City

\_\_\_\_\_  
 State

\_\_\_\_\_  
 Zip

\_\_\_\_\_  
 Phone

\_\_\_\_\_  
 Email

\_\_\_\_\_  
 Other

# Hall of Fame

The International Conference of Police Chaplains wishes to thank the following individuals for their generous contributions:

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Gary Skramstad, Judith Joseph

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## Special Gifts

Arnold Nelson

**Displaying courage and bravery,  
through your actions, is the best form  
of motivation to those who are lucky  
enough to witness it!**

## 2005 ICPC Journal

—Advertising—

The *ICPC Journal* is the professional journal of the International Conference of Police Chaplains. Starting in 2005, the ICPC will be selling advertising space in the Journal to provide information to its readers and members.

Advertisements must be chaplaincy related, tastefully laid out, and fundamentally follow the scope, purposes, and mission of the ICPC. The publisher reserves the right to reject any advertising that does not adhere to the standards of the publication.

Advertising rates, deadlines, specifications and procedures may be obtained by writing the ICPC office and requesting a copy of the "*ICPC Journal, 2005 advertising rates and policies.*" Any other questions may be addressed to the publisher:

Dr. Charles R. Lorrain  
International Conference of Police Chaplains  
P.O. Box 5590  
Destin, Florida 32540  
(850) 654-9736

## Upcoming Regional Seminars

**Alaska**—TBA

**E. Great Lakes**—April 25-26, 2005 Greensburg, PA  
Walt Tully—(330) 872-0991

**Florida**—January 24-28, 2005 Lakeland, FL  
Dan Harvey—(863) 660-3709

**Indiana**—January 10-11, 2005 Plainfield, IN  
Tom Burton—(317) 773-1872

**Mid/No. Atlantic**—April 17-19, 2005 Exeter, RI  
Bill Hinckley—(860) 564-4408

**Mid-East**—March 6-9, 2005 Williamsburg, VA  
John Transue—(757) 396-6943

**Mid-West**—April 11-14, 2005 St. Joseph, MO  
Lynn Taylor—(816) 797-2611

**North Central**—Completed

**Northwest**—January 10-13, 2005 Cannon Beach, OR  
Tim Klerekoper—(253) 661-6574

**South Central**—Feb. 27-Mar. 2, 2005 Oklahoma City, OK  
Jack & Phyllis Poe—(405) 297-1215

**Southeast**—March 7-10, 2005 Hoover, AL  
Tommy Stuart—(205) 444-7616

**Southwest**—January 25-26, 2005 Westminster, CA  
Robert Benoun—(714) 893-4141

**W. Great Lakes**—March 13-15, 2005 La Crosse, WI  
Mark Clements—(608) 785-7424

**West**—April 27-29, 2005 Modesto, CA  
Donna Arno—(209) 577-3474

## REGIONS AND REGIONAL DIRECTORS

**AFRICA:** Chaplain Kibinge Wa Muturi

**ALASKA:** Chaplain Bert McQueen

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**WESTERN CANADA:** AL, BC, MAN, SAS: Vacant

**WEST GREAT LAKES:** IL, WI: Chaplain Lisle Kauffman

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